



# ISSUES

for EMPOWERMENT

MAGAZINE ESTABLISHED 1990

Resources for Connecting,  
Healing and Awakening

Family Constellations

Flat Head Valley WILD

Journey of Ahimsa

Wind Turbines

The Tyranny  
of Government  
'Protection'

Sustainability

Awakening

Swans on Skaha Lake near Penticton

April, May & June 2011



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### Seeds of Deception

Exposing Industry and  
Government Lies  
About the Safety of the  
**GENETICALLY  
ENGINEERED FOODS**  
You're Eating

Jeffrey M. Smith

FOREWORD BY FRANCES MOORE LAPPÉ



## Demand Honest Labelling

International bestselling author and filmmaker Jeffrey Smith is the leading spokes person on the health dangers of genetically modified (GM) foods. His first book, *Seeds of Deception*, is the world's bestselling and #1 rated book on the topic.

His second, *Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods*, provides overwhelming evidence that GMOs are unsafe and should never have been introduced. Mr. Smith is the executive director of the *Institute for Responsible Technology*, whose *Campaign for Healthier Eating in America* is designed to create the tipping point of consumer rejection of GMOs, forcing them out of our food supply.

To learn more about the health dangers of GMOs, and what you can do to help end the genetic engineering of our food supply, visit [www.ResponsibleTechnology.org](http://www.ResponsibleTechnology.org).  
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# ISSUES

for EMPOWERMENT  
MAGAZINE

Established 1990

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fax 1-250-366-4171

www.issuesmagazine.net

Address: RR 1, Site 4, Comp 31  
Kaslo, BC, V0G 1M0

♥ Issues is published with  
love 5 times a year.

Proof reader • Marion Desborough

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

Our mission is to provide inspiration  
and networking opportunities  
for the Conscious Community.

20,000 to 25,000 copies are  
distributed freely in BC and Alberta.

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if space is available.

## Musing

with *Angèle*, the publisher



Spring time, the return of longer days and attending trade shows. I took this photo of the swans near Okanagan Falls, so I looked up swans in the *Animal Speak* book, and it says they represent *Awakening the True Beauty and the Power of the Self*. I take this to mean that the time has come for each of us to step forward and be the change we want to see in the world.

Antony, one of our volunteers who is developing the Sustainable section for the magazine, has created a new FileMaker Pro database and taught me the program so I can make changes as needed. I am getting to like computers as the internet is a great, instant networking tool and I can listen to or read a news broadcast that is more balanced than many newspapers. People are sharing stories and creating networks that unite citizens for we need to be creative if we wish to keep our basic human rights.

I am angry that Bill C-36 was pushed through in the senate. One of the reasons I started Issues was to get even with the government for being stupid enough to allow Aspartame to be classified as a food. If doctors were not going to educate the public, I reasoned, then I would do it myself. I knew who to ask for advice when I got sick and I liked networking, so it seemed a natural fit. During the last twenty some years I have learned lots, and with easy access to information now, everyone can research and decide for him or herself who is telling the truth.

During the last distribution trip, I stepped off a curb and fell on the ice. Guess it was time for another universal chiropractic appointment (a term I use when I fall down and my joints get adjusted because of the impact). Once again, the timing was perfect, as Richard was doing the driving and crutches are cheap at second-hand stores. It has been ten years since I had my hip replaced, so I ask myself could it be karma ... maybe. Could it be that I don't always listen to my inner voices ... maybe. Each time I am injured I ask myself why, what is the reflection? Just before I fell, I remembered feeling hurried, wanting to catch up to Richard who had already crossed the street. I remembered feeling like I was five years old, running to catch up to my Dad. "Weird," I thought to myself, and then my feet became airborne. I quickly went inside myself and listened – no cracks, just a loud thud. I breathed deep and felt the pain and started to weep almost instantly. I have hurt myself so many times since that original injury that I now know what to expect. After the tears, the shakes came as I moved slowly, testing my limits while calculating my recovery time. Richard did a good job of taking care of me as we finished the trip. At home, he cooked meals while I did our income tax, as sitting was okay.

On February 24, I woke from a dream ... I am staying at a motel looking out commercial glass doors across the alley at an automobile showroom. I am resting and letting my leg heal and I feel well enough to get dressed. I look in a full-length mirror at my naked backside and there are two pimples near my scar. I decide to squeeze the bigger of the two and am surprised at how much pus is coming out. Then I feel a tightness and a lump as wide as it is long pops to the surface. I feel relief and know the hardness is out. I think about squeezing the second pimple and hear my inner voice say, "It is complete, no need to squeeze any more," and I wake up. I like figuring out my dreams and know that cars represent the way I travel through life, the glass shows show my transparency or openness. I figure the pus and hard-

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continues on page 6



# STEPS ALONG THE PATH



## No One Gets Out Alive

I have this longtime friend who's parents were Quakers. He has several sisters and brothers and they were all brought up in a loving family environment. Eventually my friends beloved father died leaving his mother alone in their rural family home. At some point during the following year his mother announced to the family that she was planning on leaving the planet. She felt that she did not want burden any of her children with having to care for her, and she certainly did not want to get put into an nursing home to die. Her children pleaded with her not to do it. One of her son's was outright angry that she would even entertain the idea.

Having put all of her affairs in order, the moment came. On the same day and month that her beloved husband had departed one year before she ended her life with a massive overdose of pills. And just to make sure that she did not survive as a vegetable, she pulled a plastic bag over her face to stop her breathing, almost needless to say, it worked. Although those left behind did not have any less grief, one of the gifts she left was an example of something out of the ordinary. Although it appears that we may not get to choose when we arrive, the point of departure is sometime in our control.

I have no plans myself for a controlled departure, although the thought is far more appealing to me than a slow painful death from some debilitating disease. So why the talk about dying?

In the Fall I noticed that I was getting short of breath when walking up the road from the lower garden. Within a couple of more months I noticed a slight chest pain associated with cardio exercise. Hummm... that did not bode well. I have always been into jogging, hiking and skiing, and leading a very physical lifestyle, this could not be happening to me. Well it was happening, no matter how hard I tried to ignore it. So off I went to my trusted medical doctor. He sent me to Kelowna for a stress test. After a short time on the running machine the cardiologist told me I had angina (a clogging of arteries in the heart, or passages leading into the heart). When I told him how active I was and about my vegetarian diet he said it was probably hereditary. Oh well, no matter what the cause it brought mortality to the forefront.

So I am taking the necessary precautions and feeling ever so thankful for the remaining time I have on the planet. I am not afraid because I know that no one gets out alive. As a matter of fact the idea of a heart attack is way less scary than a lot of other options.

I feel that I have a lot more footsteps to take before I sign off. I will write again in a couple of months or see you at the Spring Festival of Awareness in Naramata at the end of April.

Namaste *Richard*

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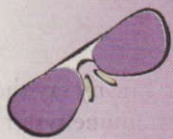
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# Irlen Syndrome



## *If you suffer*

from headaches, If you are bothered by fluorescent lights, If you are bothered by headlights at night, If you are bothered by black print on white paper, If you are bothered by overheads and computer screens, If you prefer to read and write in darker places, with less light, If you have been diagnosed with Dyslexia, ADHD, Learning Difficulties, Disabilities, or Autism....

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**Bonnie Williams, Irlen Diagnostician,**  
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*Musings continues from page 4*

ened lump is old anger that I have worked through in the last ten years and it feels so good to get it out of my system. In the dream I feel well, so I assume this is my last fall. Now, several weeks later, I can actually sense a deeper peace within me.

The next night, I had another dream. This time, we are at the Spring Festival of Awareness at Naramata and Norma Cowie, a psychic friend, is on the stage announcing that this will be my last year hosting it. In my dream, I rush to the stage and correct the information, but as I wake up, I feel the knowingness ... yes, a shift is coming. Time to let others do more. I have also learned that time is seldom what it seems in a dream, and events often happen more slowly than anticipated, but the seed has been planted and I will watch for clues and ask for clarity.

By the time the Vernon fair happened, March 5 & 6, I had been walking for a few days without crutches. I had a booth next to Norma and the first thing I did when I sat down was to pull a card to see what guidance could be gleaned. I pulled the Star ... a naked women bent on one knee, pouring water into two pools. "See," she said ... "You will always be the Star of the show." I took the card to mean that I need to be aware of how much emotional (water) energy I pour out.

Soon the Retreat Center will have bees arriving from New Zealand. We ordered them from afar as the local supplier had a tough winter and lost much of his brood. If bees become extinct, it is said that human kind will not be far behind. They are like canaries in the coal mines, dying when the environment is too toxic to survive.

Richard and crew have been busy building bee hives and the frames that go inside. Keeping bees alive until there are enough blossoms means we need to supplement their diet with white sugar nectar. The instructor said to make sure that the product code has BC stamped on the side. The AB code stands for Alberta and that sugar might be made from GMO beets (beets containing genetically modified organisms). It is so deceitful that our government does not make GMO labeling mandatory. I don't eat white sugar, but for those of you who do, perhaps it is time to start a revolution in Canada. "We, the people" want choice, be it health care providers vs doctors, herbal products vs drugs or the right to know where our food comes from.

They say the truth will set us free and that it starts within. Taking time to observe my thoughts and bring up past programming is a way to heal myself. I give gratitude that I walk with no pain and live/work in a safe environment that is healthy and healing. Soon it will be time to play in the garden, get to know the bees and greet all the newcomers who have said they are coming to help out.

If you like Issues magazine, please pick-up two copies and give one away to help me network. Antony is also putting Issues on Facebook as a way to connect more quickly, adding one more thing to do in the 1,440 minutes I get to use every day.

♥ *Angele* ✨

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Our life depends on millions of enzymes busily working, powering thousands of biochemical reactions that keep us alive, functioning and healthy. As we age our enzyme levels drop dramatically, reducing both our level of health and vitality. For example, tests have shown that a 70-year-old has less than 10 percent of the cellular enzymes to that of a healthy infant—decreasing not only their immunity, but also increasing their risk of developing life-threatening diseases.

Depicted as "The Fountain of Youth," enzymes are the main missing nutritional component in cooked and processed foods. Yet, most are supplementing at the wrong end of the scale. Without enzymes, vitamins, minerals and protein are of little or no value to our body.

Today's modern lifestyle kills enzymes in many more ways than just cooking... Stress, smoking, food additives, pasteurization, canning, fluoridated tap water, air pollution, caffeine, drugs (prescription and illegal), mercury toxicity, frequent air travel, workouts, x-rays, radiation poisoning, microwave ovens, food irradiation and poor sleep all kill enzymes!

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**DID YOU KNOW?** At this very moment everyone could have anywhere from one hundred to three hundred thousand cancer-like cells active in their body. Scientists have discovered that most people succumb to disease and illness

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# The Big Question

by Andrew Schneider

There is one question which all children keep asking, that drives some parents to the point of exasperation. "Why?" they keep asking. And when given an answer, they again ask, "Why?" – Why is the sky blue? Why do dogs bark? Why am I sick? Why do mommy and daddy not live together?

As children, we sometimes received satisfying answers to some of our questions. But more often than not, we probably got answers that were really no answers at all – responses like; "Because that's the way it is," or "I don't know." Sometimes we maybe received religious answers, like: "Because God made it that way," or "It's a mystery," or "It's a miracle."

Not finding answers, many of us stopped asking the most basic question of life that, as children, we knew to ask. But not asking the question did not make it go away. The question was repressed, but the need to find answers to 'Why?' keeps haunting us, and unconsciously pushing us to find the answers we need in order to live a meaningful life.

'Why?' is a search for meaning, an attempt to see the significance of things that are not obvious. Some of the answers are objective and impersonal. Then the question is about facts, like why the sky is blue. The blueness can be explained through physical facts, and that is the end of it.

But the big 'WHY?' is about life and its puzzling dramas. It is about pain and suffering, and their meaning. It is about separation and death. But more than anything, it is ultimately about ME – Why do I exist and what is the meaning of my experiences? These questions are soul searches, and can only be answered by developing soul consciousness.

Finding meaning does not eliminate pain and suffering, but removes the necessity for it. Understanding death does not endow us with physical immortality, but enables us to approach it with equanimity and peace. The meaning of a painful relationship does not heal the pain, but opens us to love again.

As far as we know, humans are the only species that feel driven to find meaning. We cannot help but seek it. Not responding to this deep inner urge is to attempt to function without soul.

**Exercises:** 1. Each evening take an inventory of your motives throughout the day.

2. Identify a recent important or emotional experience and explore the deeper meaning of it. Why did it happen TO YOU?

3. Seek silence and explore your deepest inner urges – the calling the you do not give enough attention.

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# Family Camp

*on the*

## Kettle River

by Michael Hollihn

We live in a beautiful part of the world, especially in summer. I would like to share this part of the world with other families. This is an invitation for families of all faiths, religions and sciences to come together and share what we have in common; a desire to instill peace, love and compassion in our children; a chance to connect with them.

Foot bag and juggling are some of the best mind/body skills we can teach to our children. They are very affordable and low-tech, we can make our own bags even, which teaches handwork and builds confidence. They enhance spatial awareness and cultivate teamwork in a non-competitive environment.

Meditation and mindfulness is proving to be a missing link in sustainable culture. It is a great tool to teach our children while they are still developing habits and shaping their egos. It has been a great tool to teach me how to respond to my world instead of react to it; this has brought great peace to me and my family.

I want this weekend to be a fun and flexible mix of meaningful activities and it might look something like this. Arrive Friday afternoon and set up camp. Friday evening welcoming: vegetarian meal provided by our family. Share stories, songs, or juggle.

Saturday morning: 5-6 am meditation: to welcome the day; a casual lesson in mindfulness. 6:30-8 am: yoga and qi gong; casual easy-flow routine. 8-9 am: potluck breakfast. 10-noon foot bag circles and juggling. 12-1 pm: potluck lunch. Afternoon, a number of family workshops depending on interest.

Ideas include a solar cooker workshop; make your own knee bench for meditation workshop; sew/crochet foot or juggling bags workshop.

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would be a potluck dinner and campfire where we can share songs and stories. Sunday morning would be the same as Saturday morning and we would wrap it up at lunch or finish any workshop projects that needed finishing.

If anyone is interested please contact me and I will set about booking one of the river-side campsites for a weekend in July or August. We look forward to hearing from you and sharing a weekend in these important times of change.

**Michael Hollihn, Midway, BC • 250.449.2232 or michaelhollihn@gmail.com**



# THE TYRANNY OF GOVERNMENT 'PROTECTION'

## Why More Health Regulations Aren't What We Need

by **Helke Ferrie** reprinted with permission from **Vitality Magazine** March 2011

*"There is no odor so bad as that which arises from goodness tainted... If I knew for a certainty that a man was coming to my house with the conscious design of doing me good, I should run for my life ..."*

~ Henry David Thoreau, Walden, 1854

When the Egyptians informed their president recently that they were fed up with 32 years of government tyranny which had been justified as protection from harm, we all watched in amazement. Few of us realize, though, that in North America and Europe, we are heading for "tyranny light" as our governments determinedly proceed to ensure that we are protected in every which way except the way we want. On January 6, Maude Barlow of the Council of Canadians commented in the *Globe & Mail*: [Here is] "what you don't know about a deal you haven't heard of," namely the impending Canada-European Union Comprehensive Economic and Trade Agreement (CETA).

In this new treaty, CETA requires harmonization of all regulatory bodies in all the governments involved (i.e. EU countries, US, Canada and Mexico), and eliminates the power of elected representatives (from federal MPs down to municipal governments) to make decisions within their areas. Since the CETA treaty was created to serve the needs of industry, it has been designed to legally prevent the citizens of all participating countries from raising any objections through their MPs or municipal councils. They are unable to counteract or override the treaty's requirements for harmonized control over everything that can be bought or sold.

Canada's Environmental Law Association is appalled at this comprehensive blueprint for an anti-democratic new world order in which people are transformed from citizens to customers-serfs.

### Natural Health Products Banned as Drugs Get the Green Light

Meantime, governments in the E.U., U.S., and Canada are prepar-

ing for this "harmonization" full throttle. By the time the ink dries on the CETA treaty, everything it intends may already have happened. Preparations for full harmonization include the following:

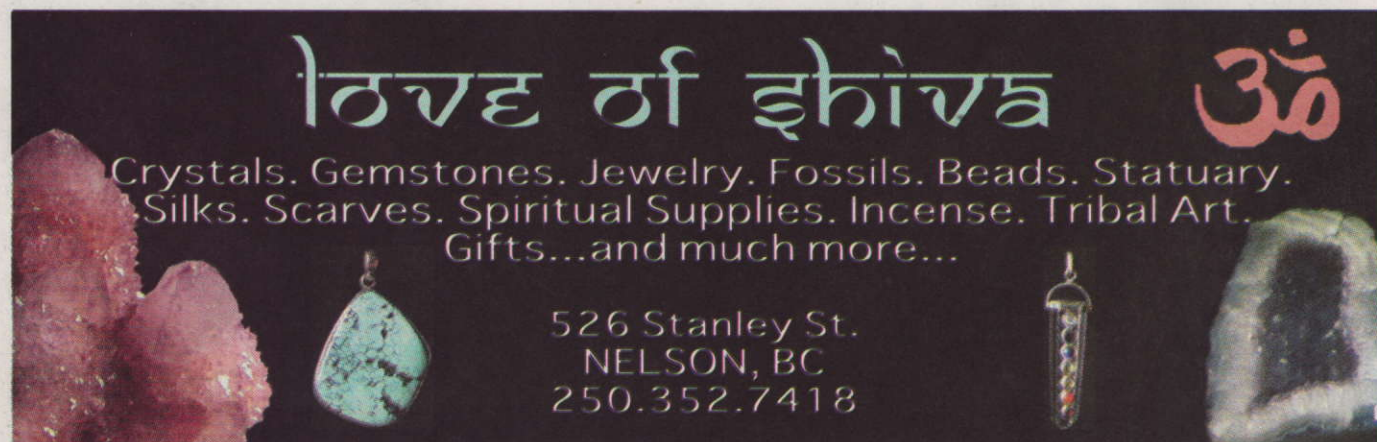
1) A few weeks ago, Ottawa rammed into law Bill C-36 (the former C-52 and C-6) without mandatory public hearings and despite hundreds of thousands of protests. C-36 is defended by Ottawa as protection for Canadians from toxic substances, but in reality it bypasses all relevant constitutional safeguards. Its illegal arbitrary powers, open to nobody's scrutiny, abolish due process and deregulate business for toxin producers, while pretending to go after polluters (see Shawn Buckley's Sept. 2010 *Vitality* article).

2) Its counterpart in the U.S. (S-510), became law at the same time that C-36 did in Canada. The U.S. bill masqueraded as a food safety bill, but is actually potentially disastrous to organic foods.

3) The E.U., meanwhile, has "responded to rising concerns over adverse effects caused by herbal medicine"; without any evidence of harm, all indigenous, Chinese, and Ayurvedic herbal medicines will be banned from the European marketplace, effective April 1st. (For more on this, see Dr. Verkerk's February *Vitality* article.) In the House of Lords, there was a call to outlaw university courses on Chinese medicine.

Meanwhile, Ottawa began preparations for the return of Bill C-51 to "modernize" the Food and Drugs Act. Bill C-51

*continued on page 12*



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## WHAT CREATES CONFLICT?

Laara explains that most of our core beliefs about life and ourselves were in place by the time we were five or six years old. They were accepted from our parents or other people in authority, or the result of decisions we made as a child with limited life experience in order to survive spiritually, mentally, emotionally or physically. While some were positive, others become negative and create self sabotage. We forget about these beliefs and they become a part of our subconscious which has a great impact on how we think, feel and act but we don't know where its coming from. When as adults, we choose to be or do something in opposition to these core beliefs there are feelings of fear, guilt, anxiety, hesitation, frustration, anger/stress that keep us stuck. These beliefs can be changed. The energy used to hold them in place can be redirected to your adult core beliefs, creating joy, love, freedom, self love, respect and trust.

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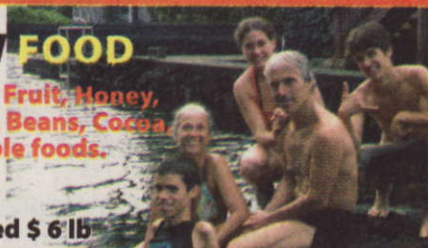
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## Tyranny of Government 'Protection' *continued*

reinterprets the government's legal "duty to care and serve the public interest" so that those quaint ideals no longer stand in the way of profits. Mike McBane, the national coordinator of the Canadian Health Coalition, writing about drug safety in Canada on January 17 ("Drug Safety: Health Canada thanks you for not enquiring"), reported that the "technical consultations" on the "modernization" of regulations governing prescription drugs were to take place at closed-door meetings from January 19 to 21. That government-Big Pharma love-in focused on scrapping the precautionary principle altogether, and all new drugs will now be presumed safe without manufacturers' proof. Health Canada announced that these modernizations are "grounded upon our understanding of what Canadians believe federal approval of new drugs should mean." Because of CETA plans and its requirements of harmonization between all these countries, the EU Directive's limits on availability of all natural health products also has to be extended to all participating countries. So, in Canada we have a deadline when the Natural Health Products Directorate rules come into effect – on March 1st, at least half or more of the "unapproved" herbal medicines, vitamins, minerals, etc., become technically illegal. (Shawn Buckley is challenging this in federal court and will hopefully have this challenge registered before March 1 so it can proceed through its various stages in court. Simultaneously, Robert Verkerk will start his legal challenge already registered in the UK. In both countries the deadlines are based on legally insupportable policies.) Greg Schilhab, the editor of Nutrition & Mental Health (a publication started by the late Dr. Abram Hoffer) observed in the January 2011 issue: "We have been complacent thinking that just because something is natural and unpatentable it is the common inheritance of humanity and free for all. After all, harnessing nature to cure illness is as basic a human right as we can imagine. Nevertheless, the EU, in its feigned concern for its subjects' health and safety, created the opening to grant sole ownership of diagnosis and treatment to the pharmaceutical giants."

## Health Freedom Fighters Mobilize

Well, the fight is on. In Canada, the Natural Health Products Protection Association ([www.charterofhealthfreedom.org](http://www.charterofhealthfreedom.org)) is pursuing a plan for legal action, as are the Alliance for Natural Health ([www.anh-europe.org](http://www.anh-europe.org)) and the European Benefyt Foundation in the U.K. – having won previously, when vitamins and minerals were slated to go off the market in the E.U. in August 2005, we may be guardedly optimistic about the outcome.

U.S. "Vitamin Lawyer" Jonathan Emord, who has won many cases against the FDA, has written a book about this global deception-fest entitled Global Censorship of Health Information, which also describes Canada's role in detail (to order, call (202) 466-6937). Importantly, he outlines the actions that can and must be taken in order to secure our right to freedom of choice in medicine.

*continued on page 14*



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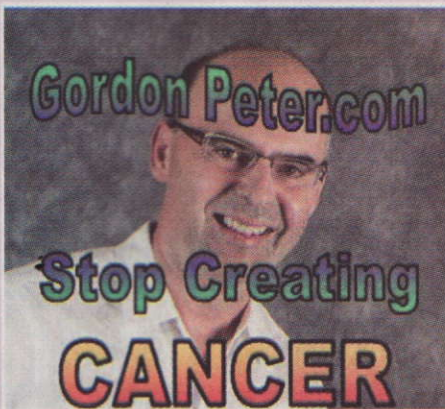
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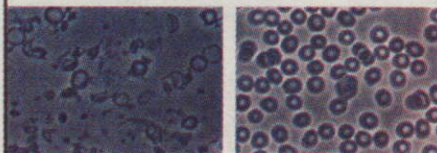
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## Tyranny of Government 'Protection' *continued*

### Harsh Realities of Conventional 'Health Care'

♥ The 2009 report from the U.S. National Poison Data System was recently published in the Journal of Clinical Toxicology and, once again, shows that there were zero deaths reported by Americans using natural health products such as vitamins and minerals in 2009. On the other hand, The Canadian Adverse Reaction Newsletter published Canadian data in April 2010 showing that 26,061 adverse events were reported, of which 74.9% were considered serious (e.g. death). Of those 26,000 cases, 516 are supposedly connected to natural health products ([www.healthcanada.gc.ca/medeffect](http://www.healthcanada.gc.ca/medeffect)). Seeing as how the U.S. population reported no adverse effects from natural health products during that time, and as it is known that more than 50% of Americans regularly take supplements (which indicates an amazing level of product safety), one wonders what this Canadian data is all about, especially since the range of natural health products available in the U.S. is enormous compared to the far fewer products available here. In both countries, reported adverse events occurred almost exclusively in hospitals (ie. drug reactions). Furthermore, the FDA and the CDC have repeatedly stated that the reported adverse events reflect only 10% of the total cases occurring.

♥ As for vaccines, we have an alarming statistic to ponder: In 1994, the U.S. recorded that 22,780 students in the school system were autistic. By 2009, that number had risen to 335,199 autistic children. Meanwhile, outbreaks of measles, whooping cough, and other childhood diseases continued to occur in almost-fully-vaccinated populations in North America and Europe, but the overall incidence decreased. Every attempt was made to blame Dr. Andrew Wakefield for an alleged increase in childhood illness, because more parents refused to vaccinate their kids after his research showed a connection between the MMR vaccine and autism. However, World Health Organization statistics proved that – prior to the Wakefield scandal – the U.K. and Ireland reported 226,961 cases of measles, in spite of national vaccination programs. Yet, after the Wakefield scandal, there were only 3,079 cases reported. Evidently these diseases are neither influenced by vaccines nor by those who warn against their use (see my review of Wakefield's book in this issue).

♥ With drugs killing tens of thousands, and vaccines shrouded in medical mythology, let's look at cancer – the quintessential environmental disease for which we have nobody but ourselves to blame. The science publication, Nature, reported on January 20 that cancer costs are continuing to climb at a steady 2% annually and will drive the cost of U.S. cancer care to \$173 billion by 2020. Given that virtually all cancers are avoidable, and that the medical treatments used to arrest cancer growth temporarily are themselves carcinogens, we are locked into a system that is starting to appear somewhat ridiculous.

♥ Enormous money is made from the "cancer industry" (as Ralph Moss calls it) and equally enormous profits are made from those substances that cause cancer. But this is a bad business plan for government health care programs. Ontario, for example, spends 50% of its annual budget on health care.

Curiously, governments push for all of those things that make people sick: drugs, vaccines, and environmental toxins. Imagine if human health were a top priority – how much money could be saved on healthcare by taxpayers?

*continued on page 21*



# Weather Systems

by Lynne Gordon-Mündel

My friend said to me today that she has been diagnosed with 'Depression'. Having been involved in the health professions for much of my life, I have great respect for the training required to serve in any of the various aspects of medical care. The practice of medicine demands development of skills, emotional stability and mental discipline beyond what most people can relate to. We need not put our health care providers into question but we do need to recognize the fact that medical education does not provide students with sufficient information to encourage them to be aware of dimensions of possibility beyond traditional pathways. Thus practitioners are confined to diagnoses based on finite reality. Such restriction leads inevitably to stagnation of thought and limited options for healing. Thus I did not feel a twinge of doubt when I asked my friend to take another look at what is happening in her that is being labeled 'depression'.

We are 'feeling' beings and few of us know how to feel good all the time – how to eradicate sadness and sorrow, how to never have that sense of not wanting to get up in the morning, of despairing and wondering "what's the use of living?" But fighting a dark mood or finding it pathological is not the way through. Forcing false happiness, forcing ourselves into activity or habitually using medication to fight moods only adds energy to what is happening.

What IS happening? In my own experience and as I have observed in others, I see the cycling of moods and recognize dark moods to be like the weather – some days are rainy, some gloomy, some bright and breezy. If we could shut off the gloomy days we would probably try. Most people of our culture do try to shut off the gloomy moods. They try to be 'up' all the time and say they are 'fine' when they are not.

If we shut out the moods of our psychic weather systems we get in the way of the natural movement of life force. We find ourselves irrationally irritable with those we love, we act out, setting up circumstances that are less than harmonious; then we start blaming ourselves, feeling unhappy, guilty, angry, turning life force against ourselves. Do you see what is happening? The road to 'depression' – to diagnosis and medication – is carved out of the habitual determination to show up sunny when we are experiencing gloomy psychic weather.

Life has its reasons and life is pointing us toward the need in human life for times of introspection, contemplation, recognition of what is actually real in the body of humanity. Rainy days remind us to 'go indoors' – to take up the practice of self-inquiry about one's place in the larger order of things. For a healthy evolution we need to ask how we can contribute to the health and balance of the planet – to the Whole of humanity. Life wants and needs us to serve healthy evolution and so asks us to stop and meditate – to allow ourselves time to listen to the higher intellect, to open intuitive aspects of the psyche, to allow entrance into us of informed understanding of our existence.

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In stillness, with training and perseverance, we can learn to receive information from realms beyond the confines of our five senses. Access to this intelligence is potentially within our experience. What is often labeled as 'depression' is the sadness of the soul, the sadness of dimensions that are intuitive, intelligent, wise beyond current cultural belief – dimensions that know we are lying to ourselves and others when we say we are happy when we are not. It is that sadness, the result of pretending, thus missing the opportunity to explore truth, missing the opportunity to develop the artistry of expression that could lead to honest communication, that we feel as depression. Those feelings and moods exist to inform us. To repress them, to chase them away, to deny them is a betrayal of the soul, so sadness comes.

We come through those gloomy, tired, despairing times by allowing ourselves to feel the energy of them, by recognizing that when these moods come upon us we can allow our feelings to stream in the body rather than trying to make them go away. When allowed, in time, there is a shift and a new mood, a new weather system, happens. This conscious 'allowing' is an aspect of spiritual practice and does require concentration, determination, and, most of all, understanding. Eventually we realize that what we have called 'depression' is an invitation to live life from a fuller, richer place, a place that does not sort out the psychic weather, keeping only the sunny days, but allows also the nourishment of rain, the winds of change and the storms that will inevitably pass through.



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# The Human Habitat

by Chris Douglas

We are natural beings, but we are lost. Our society has experienced such dramatic shifts over the last hundred years that we are no longer living the lives that we were genetically designed for. We have become disconnected from nature and our surroundings. As we sit in our office chairs staring at computer screens, stalked by emails and pressured by the illusions of stress, we become paralyzed by fear, and often struggle to stay connected to our inner needs. Technology, has disconnected us from nature, and now we are living incongruent with our genetic blueprint.

Our fear response system reacts to abstract stimuli such as bills piling up or pressures at work, as it would react to being chased by a tiger. The level in the brain that triggers the fear response has no higher brain functioning capabilities such as foresight, logic, and/or reasoning. Further complicating this process is the inability for the amygdala, which controls the switch to the fear system, to distinguish between internal fear based thoughts, and external threats like the tiger. In our modern life there is not just one tiger, but many.

Since it takes thousands of years for our genetics to evolve, the world of pavement and busy-ness has not taken this into account. However, by making a few small yet significant changes we can re-align ourselves with who we are designed to be. By living from our 'values' it helps us to recreate our identity from a foundation that empowers us.

Research indicates that people who garden, hike, camp and fish experience decreased vulnerabilities to asthma, allergies, depression and anxiety. There is a natural bacterium in the soil and trees that actually works as a buffer against these disorders.

Living more simply allows us to reduce the clutter that contributes to these problems. This is not just about decreasing the clutter in our environment, but our mental clutter as well. Returning to nature gives us a sense of peace and allows us to live in the state that we are genetically programmed to exist in. Once we are less stressed, we can focus on the strength of our inner guidance and see the illusion for what it truly is.. feelings of being wanted, of knowing we exist for a purpose.

Each of us has a part to play in the transformation of our planet and it starts with meditation or quiet time, reflecting on our values, and how we reflect them to those around us.

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# A State of Altruism

by Linda Ewashina

As the energies of our world continue to shift to a higher spiritual plane of existence many of us have felt the pull towards understanding and developing our spiritual selves. Those of us who have chosen to take on this great responsibility of helping one another to integrate these higher level energies to manifest a more peaceful and harmonious world are learning that now more than ever, our thoughts are like magnets, building and creating human consciousness.

As we become spiritually aware, we open ourselves to allow the flow of Divine consciousness through us. Where do we go to understand and strengthen our Souls incarnation? By understanding the very core of our existence, we begin to discover our purpose on this earth walk. When we feel the sacred connection of being alive in this auspicious time, all disillusion and fear disappears as we focus on the greater meaning of life. What a gift it was for our soul to incarnate at this time. With the higher frequencies of energy waves moving through our etheric field, our spiritual evolution is occurring at a faster rate. As our karmic ties and debts shift forward, we are given the opportunity to heal blocks. The rate at which we manifest our thoughts into form is accelerating. This is why we need to look at our thought processes very carefully. This is also where we need to be utilizing this modern technology and connecting with others globally to work on raising the mass consciousness into working for the higher good of all of Creation.

Coming together and looking beyond cultural, religious, or racial differences with acceptance and understanding is a good start. On a soul level we are all connected and as we evolve we can manifest our energies into one higher thought form. If we surround Mother Earth and all her inhabitants in the light of pure love and healing, we can reach a state of Altruism. We are all beings of light and when we open up to the inner soul, we connect the Divine source of our full existence and feel the Holiness that is within us and is the essence of our truth. The interwoven thread that connects our souls to the network of higher realms brings us to the feeling of Oneness to all life. As the energies shift to a higher vibrational level the frequency of our light bodies will increase. To prepare ourselves for these changes we need to first recognize and honor our inner light. The more we work on clearing and opening our energy centers, the better we will be able to accept the increase and expansion of our light bodies. The Divine consciousness is our spiritual life line and as we tap into this eternal flow, we instantly feel the resonance increasing within our light body. The self alienation and separateness of ego dissipates in the Pure light of the Divine self and reaching this state of Altruism is what will ultimately heal and evolve our world as we know it.

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# ROOT CANALS: They cover up more than you think!

by Dr. Ursula

One of my client's recently had an abscess on a root canal tooth, so she had a surgical procedure to remove it. Antibiotics were taken before and after the dental work, then injections of anaesthesia and adrenaline were given as well as painkillers to take home. Fortunately, homeopathic medicines can be given so the immune response does not become weakened by this toxic overload. However, what concerned me even more was the fact that her solid thyroid nodule grew much larger after the procedure. The thyroid had absorbed mercury fumes from the root canal. Once again, I feel blessed to be a homeopath since we have protocols for mercurialism.

Because regulation thermography measures the teeth, I have noted patterns with root canals. Last year at a conference, I met two biological dentists who inspired me to do more research into their hazards so that I could better advise my clients. Another colleague told me that two of his female clients were diagnosed with breast cancer. Both had root canals on their "breast teeth" (i.e. the teeth that are related to the female breasts). The woman who had her the tooth removed had a better outcome than the woman who did not. While I believe many factors are involved, it is important not to discount the role that root canals play in this type of scenario.

Many people are not aware so I would like to share some of my dental research. Dr. C. Hussar discovered that 80% of his patient's illnesses originated in the mouth. Dr. Frank Billings believed that 95% of focal infections (infections in organs and tissues) start in the teeth and tonsils. Dr. Weston Price pioneered studies of the teeth over 70 years ago and found root canals to be hazardous to health. His findings were available, but never taken seriously until recently when George Meinig published the book *Root Canal Cover-up*. According to his research, infected root canals are implicated in many degenerative diseases including: arthritis, rheumatism, heart problems, anemia, kidney, liver and gall bladder problems; neck, back and shoulder stiffness; eyes, ears, skin,

shingles, pneumonia, appendicitis, nervous system breakdowns, hyperactivity disorders, mental diseases, pregnancy complications and hardening of the arteries and more. Bob Dowling found the neurotoxins from oral pathology (root canals, improper wisdom teeth extractions, crowns, bridges) in 95% of Americans linked to not only the above illnesses but also to breast cancer, lung cancer, stomach cancer, prostate cancer, lupus, fibromyalgia, Parkinson's, Alzheimer's, and possibly muscular dystrophy.

One of Dr. Price's amazing cases was a woman with severe arthritis who had been in a wheelchair for six years. Although her root canal tooth looked fine, he decided to have it removed. Shortly after, she was able to walk without even a cane! What is the reason for this?

Dr. Meinig declares that none of the over 100 medications used to treat root canals have been able to reach into the three miles of tubules in the dentin. Antibiotics cannot kill this bacteria and so a low grade infection persists for years. Dr. Price believed that the epidemic of chronic and degenerative diseases in our society is directly related to root canals. About 25-30% of his root canal patients were not affected as long as they had a strong immune system and good genetics. However, as soon they encountered a stress (accident, flu, grief etc.), they too succumbed to degenerative illness. Research has shown that teeth with root canals look normal on x-rays, but contain bacteria and toxins when extracted.

What to do? According to research, these states take an average of 5-7 years to develop so do your own research. There is lots of information online. If you are suffering from a debilitating condition, you should consider having your root canals removed. Dr. Meinig mentions the proper protocol in his book. If you don't want to buy it, you can pick up photocopies at 1890 Ambrosi Rd, Kelowna. Take it to your dentist or find a biological dentist. Dr. Hamer's view is that the body can heal itself and that invasive dentistry is not necessary in the first place. Always remember, knowledge empowers.

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# CONTINUING EDUCATION

by Wayne Still

In our basic training we are taught the important fundamentals of our craft. They stand us in good stead as we begin to practice, we get quite remarkable results following the ten series recipe Dr. Rolf left us. But Dr. Rolf also left us with the admonition that "Where you think it is it ain't". This was to encourage us to look further for the cause of an imbalance than where a pain may be manifesting. She taught us to see the body as an interconnected whole piece. So a pain in the neck may be more related to a problem in the knee than any dysfunction in the neck itself. In the ten series we work on all parts of the body, finding and eliminating the adhesions formed in the connective tissue that create imbalances in the body. Over time we find the basic skills we learned, while effective for the most part, are not always adequate to deal with the complexities we are presented with.

We are encouraged to take continuing education classes to upgrade our skills so that we are better equipped to deal with the situations we are presented with in our practice. Also our professional associations require us to show that we are upgrading our skills in order to maintain our membership. But taking a workshop is not an onerous task. In our daily practice we are somewhat isolated due to the somewhat esoteric nature of what we do. To be in the company of like minded people who understand our specialized vocabulary is at once invigorating and relaxing. Not to mention the great body work we receive from our fellow students and teachers.

I recently took a four day workshop focused on work with the nerves found just under the skin and the soft tissue associated with them. Work with the nerves can be highly effective in dealing with otherwise intractable situations. As an example it was a relief to find that the long ropey adhesions sometimes found in the upper back between the shoulder blades can be successfully released by working with the nerves crossing them at right angles. Nerves and blood vessels are meant to slide freely in their sheaths of connective tissue but when they become trapped in those sheaths they do not slide freely and the tissue can become bunched up. In the case of those ropey adhesions in the back when the nerves leaving the spine going to the ribs become trapped in the tissue it is rolled into a rope like structure which resists all attempts to release it by working along its length. This is another example of "Where you think it is it ain't". The problem is not in the tissue itself but with the nerves embedded in it. Finding where the nerves exit the spine and working along their length across the adhesion to allow them to move freely again will usually resolve the issue.

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## Tyranny of Government 'Protection' *continued*

### Evidence For Brewing Rebellion

We haven't taken to the streets as the Egyptians did, but there is clear evidence of a slow, steady revolt against the hype and spin which promotes everything from prophylactic mastectomies for alleged genetic reasons, to every possible drug to control cholesterol, pre-hypertension, pre-diabetes, etc., while also promising one breakthrough after another – with more toxic drugs for new conditions we never knew we had.

Big Pharma is getting close to killing the proverbial goose that lays the golden eggs. Fines used to be small for defrauding governments and for killing people with drugs marketed fraudulently. Settlements with governments and class action groups were less than a billion dollars in 1999. By 2009, this number rose to \$5 billion per company. Such a dramatic change can only occur when there is scientific evidence to prove wrongdoing. Indeed, mainstream research is increasingly revealing the disturbing truths about pharmaceutical medicine. Consider that in December 2010, PLoS One analyzed the evidence that many prescription drugs – especially antidepressants – cause violent behaviour. The famous website [www.ssrstories.org](http://www.ssrstories.org) has been chronicling these for many years, and has shown that most of the inexplicable mass murders, such as the one in Montreal and the Columbine event, were all directly linked to antidepressant drugs.

Statin drugs, which were originally touted as so important that even children were to take them, have suddenly proven to be less than useless as a preventive measure (CBS, January 19, 2011). The prestigious Cochrane Library (which takes no money from Big Pharma) provided this analysis.

And the important American Journal of Public Health handed down an astounding indictment of the business practices of Big Pharma by showing that drugs were being sold for outrageous prices (90% higher than appropriate) to milk the system. Simultaneously, Stanford University Medical School published a study asserting that Big Pharma's products "lack strong evidence that the drugs will actually help ... [and] may cause serious side effects as weight gain, diabetes and heart disease, and cost Americans billions of dollars."

The January issue of Vanity Fair published an excellent article analyzing Big Pharma and the damage its research and marketing practices cause to people all over the world. And the American Journal of Public Health came straight out and stated that currently permitted drug marketing practices undermine patient safety and public health. One of its authors was professor Lexchin of York University, an internationally-respected authority on pharmaceutical sleaze. And now consider the fact that in spite of this growing evidence, Health Canada and the U.S. and E.U. governments are working feverishly to harmonize our regulatory systems to supposedly protect us by giving Big Pharma freedom to do as it pleases, while simultaneously removing access to those products the majority of us want (natural health products) because we found them to do what drugs can never do – prevent and heal our illnesses.

### Spotlight on Environmental Causes of Disease

The rebellious demand for true accountability is also appearing in regard to environmental toxins. In the December 16, 2010 issue of Nature, the editorial was devoted to the "irresponsible policies" of governments such as Canada in regard to the mining and marketing of asbestos; it demanded that "governments must ban the extraction, processing, and use of materials that can cause serious disease." On the fluoride front of the war against environmental toxins, important victories were scored – all led by citizen groups. The FDA banned the use of a fluoride-based fumigant and the U.S. government finally decided to reduce water fluoridation. Of course, they did not admit that it is neurotoxic and causes cancer, but it's a good start. The city of Calgary banned fluoride from its water supply on February 11, with city councillors voting 10 to 3 in favour of the ban.

*continued on page 23*



## ***Restoring Love, Health & Success with Family Constellation work.***

by Blanche Tanner and Dr. Chris Walsh

About three weeks before my mother passed away in 1997, she asked me "What is wrong with my family, why do they always fight with each other even though they deeply love each other?" I also remembered the small old trunk my grandmother brought with her, when she came to live with us, and how all 11 of her children wanted something, that they felt was theirs from that trunk.

For over six years I have been studying Bert Hellinger's Family and Human Systems work and the questions that my mother asked me have now been answered. A deeper love and respect for my family has grown out of this work. I have a much clearer understanding of how love flows in a family and how family entanglements develop and how they affect our lives, our children's lives and future generations.

If we think of our family as an organic unit, much like a plant or an animal, there are certain basic requirements for a tree to be healthy. There are also basic requirements for a family to be healthy. A tree needs to send its roots down into nourishing soil and its trunk needs to be strong enough to support its branches. Similarly, in a family the parents need to be strong enough to support their children and the children need to be able to receive their parents' love.

When the natural order of the family is not followed, love does not flow effectively and can lead to consequences for family members that may last for many generations, blighting peoples' lives and limiting their potential in the world.

Human families operate within an innate structure and at the core, a husband and wife must respect each other, as a man and as a woman. They need to honour previous influences, such as each other's families of origin or any previous marriages in the life of their partner. When they do, their mutual regard is free from distortion. Second relationships cannot replicate the first; they have their own characteristics, which needs acknowledgement.

The next most fundamental thing is that parents are parents and children are children. When children behave like parents and the parents behave like children, then love does not flow effectively. Family therapists call this parentification of the children. It often happens when parents suffer from chronic illnesses or when they die too young.

Sometimes these dis-orders are less than obvious. When someone in the family system has been excluded, forgotten, cast out, or suffered a difficult fate someone of the following generation will unconsciously and invariably step in and bring the lost member's destiny back through living it out in this lifetime, affecting us in ways in which we have no understanding. This deeply buried, hidden loyalty or secret law will not allow anyone in that family system to be denied the right to belong. It is a love so deep that the family members may unconsciously choose to die, rather than 'betray' the family bond. When everyone in the family is largely unconscious



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of this, it can cause confusion and difficulties. This is called a systemic entanglement.

Families can only function harmoniously when each family member has an equally, valued, place and is respected. Real harmony is possible only when each family member can honour and appreciate that they are part of a bigger unit. The image is of a river of love flowing through the family members down through the generations. When individuals try to make things better without regard for the whole, it will usually fail. With great effort things may improve for a little while. e.g. Better communication with a sibling. However if the systemic entanglements are not dealt with they continue to make things difficult.

Family Constellation work allows participants to see the underlying dynamics of their problems. Once the perceptions change, they develop new understandings of what will help resolve the situation, exploring creative solutions.

Constellation Work is a vehicle for working through the difficult issues we face in our lives by using the lens of the family system. Whether the challenges stem from depression or illness, difficult relationships or financial concerns you can discover and learn about the natural order in your family and how hidden loyalties might be holding you back from where you want to be in your life; healthier, more balanced, creative and in relationships that are satisfying and authentic.

*Blanche has been spiritually aware and doing healing work for over 30 years and has a private practice in Riondel B.C. see ad above.*



## Tyranny of Government 'Protection' *continued*

The Mayo Clinic announced that "there really is no place for mercury in children." This was in connection to dental amalgam, which finally appears to be teetering on the brink of extinction as the FDA reviews the evidence once again. On January 14, Harvard University's Environmental Health Perspectives published data showing that 99% of all pregnant women in the U.S. test positive for multiple neurotoxic and carcinogenic substances, many banned for years. Basically all babies conceived start out swimming in a toxic soup. In all women tested, the concentrations were higher for most chemicals than considered tolerably safe. The American Stroke Association announced at their annual conference in February of this year that diet soda and salt increase the risk of stroke by 61%. This was based on a large study involving 2,564 people. So, does this mean that not only are statin drugs out, but that decent food is considered a healthy preventive substitute?

On the "dirty electricity" and EMF front, things are happening at a rate that is difficult to keep up with. At the point when I started writing this article, the Swedish evidence that cell phones cause brain cancer and cell phone towers can also be harmful, held centre stage. Soon after, an e-mail informed me that Germany had just banned fluorescent light bulbs, because they cause cancer in mice and contain unacceptable amounts of mercury. Germany is also calling for a drastic reduction of CT scans, because the increased use of this diagnostic method is now known to correlate with the increase in cancer incidence from radiation. (At the Total Health Show, April 8-10, three internationally-renowned researchers in this field will be speaking about these issues.)

## Why Citizens Need to Police Their Own Governments

Those who are working to bring back Bill C-51 and to force Europe and North America into the megalomaniacal fantasies of CETA, CODEX, and the European Directive are as out of touch with reality as the ousted Egyptian president. My hero, Julian Assange, founder of Wikileaks, observed recently that: "Capable, generous men do not create victims, they nurture victims," and that his way of nurturing victims was by helping to "police perpetrators." Each one of us can help to expose and police those who benefit from sickness and environmental degradation while pretending to help us.

*continued on  
page 24*



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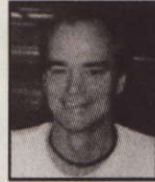
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**[www.gwen.ca](http://www.gwen.ca) Toll Free 1-888-242-4936**

The fines paid by pharmaceutical companies for fraudulently marketed or toxic drugs are published in Public Citizen, December 16, 2010.

The Mayo Clinic's pediatric neurologist Dr. Suresh Kotagal's statement that "there is no place for mercury in children" referred to both vaccine preservatives and dental amalgam fillings. He said this at the FDA hearings on dental amalgam toxicity in December 2010. Read the whole report on the website of Dr. Mercola of January 28, 2011.

The fact that 99% of all pregnant women tested had above-limit stores of toxic chemicals, even those that were banned many years ago and are still circulating in water and soil, comes from Environmental Health Perspectives, January 14, 2011: Environmental Chemicals in Pregnant Women in the US: NHANES 2003-2004

The increased risk of stroke from diet soda and salt intake was a report from their annual conference January 2011 and can be downloaded from their website (google American Heart Association February 10 entries)

The sources for the abuses of health care systems by Big Pharma were published in the American Journal of Public Health on January 13 and refer back to a study in the UK's Lancet in 1971 on the topic of "inverse care law" which was tested in 2010 with current pharmaceutical marketing practices.

The findings that statin drugs are not preventive of heart disease and stroke came from the Cochrane Library. Links and related articles are available on [www.newswithviews.com](http://www.newswithviews.com)

PLoS One stands for Public Library of Science One which is an on-line no-cost medical journal in which the leading people of any field publish, but only if they can declare that they receive no money from Big Pharma. The SSRI/anti-depressant connection to violence was in Vo 5, issue12, Dec. 2010. For further information go to [www.ssristories.com](http://www.ssristories.com)

*A few more references  
continued on page 35*

## Tyranny of Government 'Protection' REFERENCES

For details on how Bill C-36 was passed into law and what is being done about this unconstitutional piece of legislation go to the website of the NHPPA [www.nhppa.org](http://www.nhppa.org) and google [www.HFNN.ca](http://www.HFNN.ca) to find out what you can do to help.

For an analysis of the unconstitutionality of C-36 (identical to the problems with the previous bills C-6 and C-52) download for free my 2008 book from my website. The book is entitled What Part of No! Don't They Understand? Rescuing Food and Medicine from Government Abuse – go to [www.kospublishing.com](http://www.kospublishing.com)

For a full overview of what is currently happening in the EU go to [www.ANH.org](http://www.ANH.org) that is the Alliance for Natural Health run by Dr. Robert Verkerk who is organizing the legal challenge. See his February 2011 article in Vitality.

Mike McBane of the Canadian Health Coalition wrote his article on Health Canada's safety discussions behind closed doors in FAIR which is an organization that protects government whistleblowers who work to protect the public interest. This Jan. 17, 2011 article is on the internet; google the author's name.

Greg Schilhab is the editor of the Nutrition & Mental Health quarterly newsletter published by the International Schizophrenia Foundation, 16 Florence Street, Toronto, ON, M2N 1E9. To subscribe e-mail [centre@orthomed.org](mailto:centre@orthomed.org)

The full report on adverse events from drugs etc. compiled by the US government for 2009 was published in Clinical Toxicology, vol. 48, p. 979 ff, 2010. Free download from <http://www.aapcc.org/dnn/Portals/0/2009%20AR.pdf>

The Canadian data for 2009 were published in Canadian Adverse Reaction Newsletter vol. 20, issue 2, April 2010. The issues concerning adverse events, how many people are killed by properly prescribed drugs etc and the history of this research are most efficiently accessed by googling the name of the key researcher Dr. Barbara Starfield (of Johns Hopkins Medical School, Baltimore).

For the complete report on how many children became ill with which disease, despite vaccines, the autism statistics from 1994 through 2009 and more, as well as the WHO records google Dr. F. Edward Yazbak and/or "The Wakefield Factor". The statistics on the increasing costs of cancer care were published in the Journal of the National Cancer Institute, Jan. 19, 2011, vol. 103 No 2



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# Food for Thought

by Marion Desborough



Two months ago I became aware of a movie called *Food, Inc.* and the local library, put me on the waiting list. I finally got my call as I was pondering what to write for this month's topic. I was astounded by what I saw and how much is deliberately hidden from us. I would prefer to think of farms of olden days where the cows graze in fields, the pigs alongside a barn and chickens pecking outside or in large coups. This is so far from the truth that it is disturbing. Please bear in mind, that this information is from the United States of America and not Canada, but you can't help wonder if our food system is similar.

The first announcement is that there are only four companies, yep folks, just four companies that monopolize the food chain... Swift, Tyson, Cargill and Smithfield. Essentially, the over 47,000 products, in our modern supermarkets, with no seasons, is controlled by these companies.

The movie goes on to explain that when the McDonald brothers started their fast food restaurant fifty years ago, it revolutionized not only our eating habits but our handling of food. It also says that the biggest predictor of obesity in society is our income level. Why would a family of four spend \$12.00 on three or four vegetables when they can feed a family of four on hamburgers, french fries and a soft drink for the same amount of money. The out-of-season vegetables we are eating these days, for example the tomato, were picked green and ripened with ethylene gas in transit. Did you know that McDonald's is the largest purchaser of beef, potatoes, pork, chicken, tomatoes and apples in the whole of the United States?

Did you also know that only a few decades ago, we had thousands of local abattoirs or slaughter houses. Today in the United States there are only eleven. Tyson is the largest packing house in the world, where the cows stand, for their whole lives knee deep in feces.

Chickens never see the light of day as they are force-fed ready for slaughter in 48 days. Some perish because their internal organs can't keep up with the growth and/or their bones can't handle the weight. Slaughter houses now wash meat in ammonia hydroxide in an attempt to cull the e-coli bacteria that is entering our food chain.

These huge company farms are called CAFO, or Concentrated Animal Feeding Operations. Now came the really scary part....none of these animals are fed the food they are meant to eat. They are fed a clever re-arrangement of corn. 30% of corn production is subsidized by the govern-



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ment and they engineer the food to be palatable to the animals. Almost all the foods we eat, or the animals that we eat, eat 90% corn or soy beans. And... did you know that Monsanto owns the patent on soy beans.... and guess what... it is the original GMO. (genetically modified organism)

And, surprisingly, all of it is happening right under the noses of government regulatory agencies, the USDA and the FDA. The film exposes a "revolving door" of executives from giant food corporations in and out of Washington D.C. that has resulted in a lack of oversight and illuminates how this dysfunctional political system often operates at the expense of the American consumer. In the nation's heartland, farmers have been silenced - afraid to talk about what's happening to the nation's food supply for fear of retaliation and lawsuits from giant corporations.

The movie demonstrates that the food industry is all about profit with little or no regard for the animals. Confinement and high density stocking requires antibiotics and pesticides to mitigate the spread of disease and pestilence exacerbated by these crowded living conditions and these chemicals are in the meat we eat and it is going to get worse, now that Sweetos is available, a molasses like substance made by NutraSweet, a division of Monsanto, which will mask unpleasant tastes and improves unpalatable feed for stock.

At the end of the movie it goes to an Organic Fair, where I thought it's about time, I will see some good news.... it was just as sad...it listed organic farms that had been bought by the big companies, for example Stoneyfield Farm, which was a viable company for many years was sold out Danone. The original owner is still working for them making organic yogurt and other milk products, but for how long.

I urge anyone who cares about what they put into their bodies to go to your library and get this movie, or order it on-line so you can share it with your neighbours. It was certainly an eye opener for me and it will give you an honest perspective on how food is really produced. I am glad I know I can vote on this issue every day - at breakfast, lunch and dinner and choose to support local farmers and pay a little more.

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# The Cook's Corner

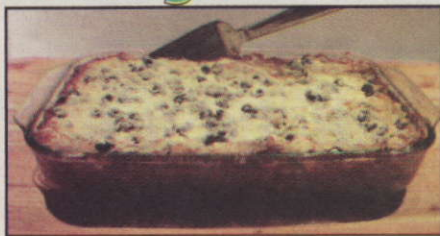
## Vegetarian Recipes from the Johnson's Landing Retreat Center

This month we feature an easy to make vegetarian lasagna. It is tasty, simple to make and filling. It is simply layers of lasagna noodles - sauce - cheese and vegetables baked in the oven. Of course a really great lasagna depends upon the sauce. Be aware that the words 'tomato sauce' can mean hundreds of different flavours. In this edition I will give you a basic recipe and you can modify it as you desire. HINT - Try and make the sauce the day before so the flavours can mix.

Bon Appetit, *Richard*



### Lasagna Serves 8



#### Ingredients:

**Tomato Sauce** (Make your own) ->

9 **Lasagna Noodles**

2 Cups **Mozzarella** -or- **Cheddar** -or- **Edam Cheese** -or- a blend of the above

2 Cups **Ricotta Cheese** -or- **Dry Curd Cottage Cheese**

1/3 Cups of grated **Parmesan Cheese**

#### Variations & Additions:

**Any of these items can be added**

1 **Eggplant** peeled, sliced and steamed

1 **Zucchini** sliced

1/2 pound of **Spinach**

or **Kale** steamed and chopped

1 Cup **Feta Cheese** crumbled

1 Cup **firm Tofu** crumbled

1/2 Cup of sliced **Black Olives**

**Utensils:** cutting board - knife  
- measuring cups and spoons - colander  
- bowl - wooden spoon - rubber spatula -  
- 6 liter pot - Glass baking dish app. 9"x13"

**Directions:** ~ preheat the oven to 350° F ~

**NOTE the lasagna noodles do NOT need to be pre-cooked... yes you heard me right. The hot liquidy sauce will cook the noodles right in the dish.**

- Spread a thin layer of sauce in the bottom of the pan.

- fit in 3 lasagna noodles for each layer

- Cover with 1/3 of the Ricotta or Dry Curd Cottage Cheese.

- Add 1/3 of any Optional Items that you chose.

- Add 1/3 of the Tomato Sauce.

Repeat this process for two more layers.

Finish with sauce then sprinkle on the mozzarella and the Parmesan cheeses on the top. Let the dish sit for 20 minutes to soften the pasta. Bake for 45 minutes. If it starts to get too brown on top cover with foil.

**Serving Suggestion:** Caesar Salad is the perfect compliment to a good lasagna. Fresh greens help with the digestion of pasta dishes.

### Tomato Sauce

#### Ingredients:

3 Cup of fresh or canned **Tomatoes** (chopped)

1 medium **Onion**, chopped

1 **Red** or **Yellow Pepper**, chopped

1 Tablespoons **Basil** (dried)

1 Tablespoons **Oregano** (dried)

1 teaspoons **Thyme** (dried)

1/2 Cup **fresh Parsley** chopped

-or- 1/4 Cup dried **Parsley**

1/2 teaspoon **Salt**

1/2 teaspoon **Chili Pepper** -or- **Cayenne**

1 teaspoon **Black Pepper**

1 teaspoon **Sugar**

5 **Garlic cloves** crushed or minced

3 Tbsp. **Olive Oil**

#### OPTIONAL:

1 stalk of **Celery** (diced)

2 **Carrots** chopped

1 pound of **Mushrooms** chopped

#### Directions:

- Thoroughly drain the chopped tomatoes in a colander saving the liquid.

- Pour 1/2 cup of the tomato juice into the large pot

- On medium heat and add the Onions, spices, salt, peppers and any optional items.

- Stir and add tomato juice to keep veggies from sticking.

- Saute until all veggies are tender

- Add the drained tomatoes & bring to a boil

- Simmer for 30 minutes

- Add the Olive oil and garlic

- Cook for 25 more minutes

- Simmer for another 15 minutes adding tomato juice to get to your desired consistency

~ Time Permitting, let it sit over night ~



# AWAKENING

by Harshad Jeff Thomlinson

The year was 1990 when I walked into a room of around 400 people in Seattle to hear a lecture by this 'guru' named Yogi Amrit Desai. Well, I was already a yogi, and I wasn't too sure what I could learn from this guy from India so my guard was up. Then, I saw some of the individuals in the front row 'pranam' (bow down) to him when he entered the room, now I was really on alert. I was definitely not going to be doing any of that. Then they began chanting! Oh my, was I expected to chime in? I had no idea what they were saying. This could be some hypnotic incantation, and I was about to be brainwashed. No way, not me, so I simply mouthed the words so it appeared that I was going along with the crowd.

This was my introduction to Yogi Desai-Gurudev, as he is affectionately known. The lecture that night, on "Pleasure and Pain," was one of the most eye opening, funny, sobering and heart-felt experiences I had ever had in one evening. It felt like he spoke to each of us. He spoke about the sublime and the mundane in such an engaging manner that it felt like I WAS being brainwashed and by now it was becoming very apparent, my brain needed washing! We sat in meditation, which had always been super difficult for this former air traffic controller, anxious, neurotic, A-type. However, he led us with a calm, relaxing voice that guided me deeper and deeper than I had ever gone. I forgot about the 400 people and travelled into a personal silence that I so longed for.

I signed up for the remainder of the weekend, and the rest, as they say is history ... I mean MY story! I did not get to meet Yogi Desai that weekend but I did meet with the entourage who travelled with him and found they were from the ashram in Massachusetts. Remarkable individuals in their own right. After spending as much time with his 'disciples' (followers) as I could, I realized these people were just like myself, someone who had struggled and searched and finally found a home in the yoga community, an authentic yoga community which lived with some utopian principles and practices that are so rare today.

I eventually travelled to the Kripalu Center in Massachusetts to spend time with this amazing teacher and the 350 residents. I felt at home right away. My visits became longer over the years, until I decided to stay awhile. My practice deepened until I came to understand yoga and how it applied to this harried Western life. At one point I thought I would stay for good, but one day I realized it was time to take the wisdom I had learned and teach it to the world. I knew I needed to go out into the community, and meet that same guy I was that first night; tense, afraid, skeptical and hurting. It was my turn to help someone like me 'wake up', from the struggle and the illusion, and move towards freedom and peace.

Gurudev Yogi Amrit Desai is one of a handful of gurus who came to the United States in the 1960's from India

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which began the yoga craze and is one of the last living gurus from that initial wave. He is the founder of the Kripalu Center for Yoga and Health, has authored many books on inner transformation and is originator of "I AM"-the Integrative Amrit Methods of Yoga, Yoga Nidra, and Quantum Breath Meditation.™ The system he developed is now practiced and taught by more than 5,000 yoga teachers and thousands of healing professionals in more than 40 countries. Gurudev continually refines his teachings through his personal practice and shares his insights at the Amrit Yoga Institute in Salt Springs, Florida. His teachings are universal, insightful, experiential and easily adaptable by everyone, regardless of religious or cultural background.

Now I have taken on the challenge of bringing Amrit Desai to Kelowna so our students can have an opportunity to hear and experience the transformational teachings of this unique teacher. We hope you can join us!"

*Harshad Jeff Thomlinson is owner and director of Trinity Yoga Center, in Kelowna and Vernon and does Yoga Trainings. see ad below*

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# Tragedy and Solutions

Tonight, as I am writing this article, my mood is somber. I lived in Japan for ten years, and I have many friends there. The tragedy that unfolded, especially in the towns in the North makes me feel sorrow for those affected.

With the accidents at the nuclear power plants there, I believe it is now even more urgent to install renewable energies systems to power our communities. Wind power is becoming competitive in many parts of the world, and solar panel installations could take off very fast with some initial support from governments, as demonstrated by the incentive programs in Ontario and Germany.

During my last tour to distribute magazines and promote sustainability, I met very interesting people who are making changes that will benefit us all. Some installed alternative energy system, others organized meetings between people connected with green living, and those who had money to invest in promising businesses. They all have a piece of the solution for sustainability, and I want to help create the networks that will support their efforts.

I do not believe some people are only creating problems, while others are only doing good deeds. We are all in this together and as Elrond says in the Lord of the rings: 'We will unite or we will fall'. Truthfully we cannot rely fully on sustainable solutions, and we will have to rely on existing technologies during the transition to green living.

The opportunities for individuals and communities are as big as the problems we are facing.

I have been in contact with representatives from large companies in Vancouver who make genuine efforts for sustainability. They do so in spite of internal resistance and demands from shareholders who insist that only profits are to be considered.



Antony Chauvet, M.S.

Great savings happen in business when energy-efficiency and sustain-

able practices for product developments are in place.

Many entrepreneurs nowadays consider not only profits, but also the social and environmental effects of their activities. This is called the 'triple bottom line'. Some entrepreneurs even have a fourth bottom line that considers the greater long-term good for humanity. This is very encouraging, and in spite of all the problems, there are many people and organizations moving in the right direction.

Oil prices have risen significantly in the past few months. This is a fundamental trend as world demand continues its rapid increase while supply is beginning to lag. Many startup companies are now developing biofuels produced with algae, microorganisms or cellulose. These do not take up agricultural land like corn ethanol, and have the potential to supplement oil supplies.

Significant changes are now in motion in our energy and resource usage. We live in very interesting times and the next decade, although filled with risks, gives us the opportunity to make a transition to a better and more satisfying way of life.

Antony is building a network of people who work together to promote renewable energies, green building, ecology and sustainable business practices. If you would have an **article**, would like to **advertise** in this section or want to be a **sponsor** contact Antony@IssuesMagazine.net.

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# ALTERNATIVE WIND TURBINE TECHNOLOGIES

by Antony Chauvet, M.S.

Two new technologies have recently caught my attention: vertical axis wind turbines and the maglev wind turbine.

Vertical axis wind turbines offer a number of advantages over traditional horizontal-axis wind turbines (HAWTs). They can be packed closer together in wind farms, allowing more in a given space. This is not because they are smaller, but rather due to the slowing effect on the air that horizontal axis wind turbines have, forcing designers to separate them by ten times their width.

Vertical axis wind turbines are rugged, quiet, omni-directional, and they do not create as much stress on the support structure. They do not require as much wind to generate power, thus allowing them to be closer to the ground where they can be easily maintained or they can be installed on chimneys and similar tall structures.

The second technology is Maglev wind turbines. Magnetic levitation is an extremely efficient system for wind energy. Here's how it works: the vertically oriented blades of the wind turbine are suspended in the air above the base of the machine, replacing the need for ball bearings. The turbine uses "full-permanent" magnets, not electro-magnet~ therefore, it does not require electricity to run. The full-permanent magnet system employs neodymium ("rare earth") magnets and there is no energy loss through friction. This also helps reduce maintenance costs and increases the lifespan of the generator.

Maglev wind turbines have several advantages over conventional wind turbines. For instance, they're able to



Maglev Wind Turbine

use winds with starting speeds as low as 1.5 meters per second (m/s). Also, they could operate in winds exceeding 40 m/s. Currently, the largest conventional wind turbines in the world produce only five megawatts of power. However, one large maglev wind turbine could generate one gigawatt of clean power, enough to supply energy to 750,000 homes.

It would also increase generation capacity by 20% over conventional wind turbines and decrease operational costs by 50%. If that isn't enough, the maglev wind turbines will be operational for about 500 years!

Construction began on the world's largest production site for maglev wind turbines in central China on November 5, 2007. Zhongke Hengyuan Energy Technology has invested 400 million yuan in building this facility, which will produce maglev wind turbines with capacities ranging from 400 to 5,000 watts. In the US, Arizona-based MagLev Wind Turbine Technologies will be manufacturing these turbines. The company claims that it will be able to deliver clean power for less than one cent per kilowatt hour with this new technology. It also points out that building a single giant maglev wind turbine would reduce construction and maintenance costs and require much less land than hundreds of conventional turbines. The estimated cost of building this colossal structure is \$53 million.

Although the most widespread wind turbine technology is currently horizontal axis, these two different systems offer better efficiency, less maintenance and are less costly per watt of electricity produced. They will therefore be used more and more in the future.



# Help protect a living treasure

The Flathead River Valley in southeast B.C.

The border between Canada and the United States is the longest in the world, spanning 6,416 kilometres from Atlantic to Pacific. All the trappings of Canadian society—cities and towns, highways and rail lines—cluster along this border, filling the wide, southern valley bottoms with human development. Except in one place: B.C.'s Flathead River Valley.

This little-known spot, east of Fernie and west of Alberta, happens to be southern Canada's last remaining undeveloped low-elevation valley. A twist of fate, an oversight when Canada was carving up the West, meant railroads and coal mines bypassed the Flathead. So, to this day, the Flathead River Valley is a living treasure of biodiversity.

The Flathead River has never been dammed and still flows wild. It creates habitat for at-risk and endangered species and filters some of the world's purest water over ancient rocks. The Flathead Valley marks a geographic crossroads, a mixing zone of species from North, South, East and West. This convergence creates a richness and diversity of life unmatched anywhere in the Rocky Mountains.

In this valley you can find 16 predatory wildlife species—everything from cougar and wolverine to martin, badger and, of course, grizzly and black bears. Just 100 years ago, grizzly roamed all the way down to Mexico; now these bears are only found in the remnants of wilderness left in the lower 48 states. Without the Flathead River Valley—



their populations could plummet forever as there are only the two viable grizzly corridors across international boundaries and this is one of them.

"We know the Flathead is a key wilderness area," said Casey Brennan, with Flathead Wild. "It was identified 100 years ago by Kootenai Brown, the first superintendent of Waterton Park." Waterton Park is just east of the Flathead, in Alberta. Just south, is Glacier National Park in Montana. In 1932, Rotary Clubs from both areas spearheaded a melding of the parks into Waterton-Glacier International Peace Park, the first of its kind in the world. The park is now a UNESCO World Heritage Site and Biosphere Reserve. What's missing from it is the Flathead River Valley. If you look on a map, you will see a wedge of unprotected area.

Flathead Wild is a coalition of conservation groups from B.C., Alberta and Montana—and they have a vision for the Flathead. They want to see it protected and connected. "We know what it will take to protect the Flathead permanently," Brennan said. "First, the southeastern one-third of it needs national park protection. It's the best way to maintain wilderness values in the long run. "Second, the southern Rockies of B.C. need a Wildlife Management Plan that puts a priority on wildlife instead of mining, and oil and gas development. The current plan is just not good enough."

To help maintain this living treasure of biodiversity, please sign up as a Friend of the Flathead. Go to

[www.flathead.ca/act/friends](http://www.flathead.ca/act/friends).



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# The Journey of Ahimsa in food and shelter: morality, control and purification of the mind

(Ahimsa is a sanskrit term meaning to do no harm, literally.) by Michael Hollihn

*"When it is understood that one loses joy and happiness in the attempt to possess them, the essence of natural farming will be realized. The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings."*

— Masanobu Fukuoka (One-Straw Revolution)

I read this book sitting around the water fountains in front of the University of Victoria library one spring many years ago. I was working on a directed study towards a philosophy of technology and eastern philosophy degree. It was one of those lucid moments in life when your life takes a turn. I looked up from the book, looked around at the glass bubble I was receiving information from, looked at my hands and realized how useless they were.

A small awakening of my heart, mind and spirit had occurred and my hands were begging me to be a part of the equation. I started to focus on the technologies of factory farming and forestry at the University. Top-soil erosion was the common denominator. I learned about the Ecoforestry Institute and studied with them and then with master forester Merv Wilkinson. Merv encouraged me to focus on value-added forestry so I studied timber framing.

Prana Food and Shelter Farm is the evolution of this awakening. It is a small experimental farm in the village of Midway in the Boundary region of British Columbia; the high desert plateau that steps from the Okanagan valley to the Kootenay mountains. The farm's main goal is to learn and teach mindfulness in how to build one's home and grow one's food with the minimum of violence. What does this mean?

All actions are violent by a matter of degree. The ego might argue this point and humility might also have something to say. However, if this is true, or even largely true, then it follows that a series of actions that display or cause the least amount of violence must be chosen. This suggests being conscious of all behaviors and the tools and technologies I choose.

How does one become more conscious of behavior? First, treat others as you would like to be treated. Decide upon a set of moral principals and then commit to observe them until they become a habit. In other words, commit to control your mind until it doesn't need to be controlled. How does one do this? By observing the mind on a regular basis. Retreating to a place where this can be cultivated and practiced until it becomes a habit. I have found that meditation cultivates this mindfulness.

With our farm, the focus is on being conscious of our behavior with people, with one's food supply and with one's system of sheltering. If we can train ourselves to be conscious of these three relationships, then we will greatly reduce the collective suffering on the planet and our technologies will align with the ecological systems that support us.



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**Michael Hollihn**

[michaelhollihn@gmail.com](mailto:michaelhollihn@gmail.com)

A natural forest has many fallen trees and branches. These trees sustain the cycle of life. A tree that comes to rest on the forest floor becomes an essential source of moisture to the forest in the depth of summer and most importantly is the source of mycorrhizal mycelium. This mycelium is the catalyst for all biological fertility in the forest. When we allow this cycle within our forestry practice, and bring this ancient form of sheet composting into our agricultural systems (in the form of hugel-beds), and then combine it with the ancient terra-preta technologies of the Amazonian cultures, we have a very sustainable drought resistant system starting to emerge.

Meditation cultivates mindfulness; hugel-beds, mycelium, terra preta and solar filtration cultivate food security; and consciously harvested timber, straw, stone, clay and earth cultivate a healthy locally crafted shelter. This year we will continue teaching different forms of meditation, further develop food security, and experiment with cement-free foundations with the addition of a wood-fired, timber-framed, cedar banya and a greenhouse with an earth-lung filter.

Contact us for a directed study workshop, work-exchange apprenticeship or an advanced-study internship. *see ad above*





## CARRIED BY A PROMISE

A Life Transformed Through Yoga  
by Swami Radhananda  
[www.timeless.org](http://www.timeless.org)

My favorite type of book to read... A journal of someone who transforms herself. Mary-Ann McDougall lives in Lethbridge, AB, and feels inspired after she hears Swami Sivananda Radha speak at a yoga class at the Yasodhara Ashram, near Nelson, BC in 1979. She is running a daycare and has two children. Married to a man who is now drinking and not being honest about the money they share, she knows something has to change, but how?

Her memoir tells the subtle changes of her mind as she gets clear with her purpose in life and then continues with an intimate look into the love between a guru and a disciple.

I too have felt inspired by Swami Radha and I like the fact that she was one of the first women to become a guru in Canada, that she lived in BC and the workshops were reasonably priced and created change in people. I am delighted reading the story for I did wonder who would take over as I watched Swami Radha grow more frail. It was good to read about the inner process. The book proves once again that the Divine does weave itself into our lives if we allow it.

## Reviews by Angèle

### Healing Our Planet Healing Our Selves

*The Power of Change Within  
to Change the World.*

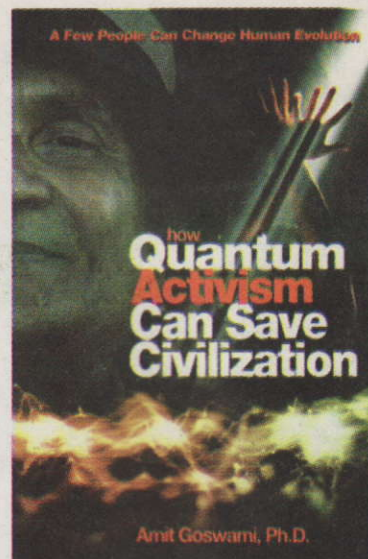
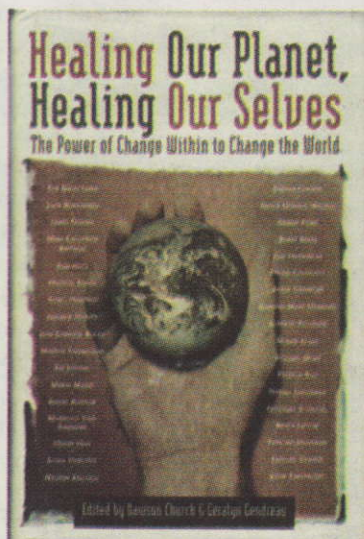
Edited by Dawson Church and  
Geraldyn Gendreau

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

A tribute to 36 well-known activists who strive to educate and share knowledge so we can help our planet through this transformation. Seems we will have to take on a new level of responsibility if the earth is going to survive, and we will each do it differently. Too many people are ignorant of choice, they need to know that they do make a difference and we are all part of the solution.

Geraldyn says, "Our way of life is out of synch with nature. We are poised on the brink of extinction, and mother nature is doing her best to wake us up, will it be extinction or restoration?"

Joan Borysenko wants us to put the Soul Back into Medicine and says, We inhabit our bodies but our souls are immortal. The only death we should fear is the living death when we get stuck in not knowing, Who am I?



### how Quantum Activism Can Save Civilization

A Few People Can Change  
Human Evolution

by Amit Goswami, Ph.D.

courtesy of Hampton Roads Publishing

Inspiring is the best way to describe this book that goes beyond theory and asks us to go beyond materialism. He asks that democracy use its power to serve, instead of dominating; education that liberates rather than shackles; and healthy 'health care' practices that restore wholeness.

Chapter after chapter, he is full of ideas and one that intrigued me is measuring vital energy, that sense of satisfaction when a job is well done or feelings of happiness that few governments take into consideration when measuring the success of a nation. He answered a question of mine when he explained that Native

American culture before the advent of colonization had so much subtle wealth that nobody cared about material wealth.

It helped me to understand why some nations seem happy even though they are considered poor by our standards. Amit was a professor at the University of Oregon for 30 years and was featured in the movie *What the Bleep*. He is author of seven books, including *The Self-Aware Universe* and has earned the title

**Quantum Activist!**





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### Some interesting book titles.....

**The Medical Mafia** by Ghislaine Lanctot

A superb expose of the medical system by a Canadian doctor who lost her license after the book was published.

**The Hundred Year Lie** by Randall Fitzgerald

How food and medicine are destroying our health.

**Selling Sickness** by Ray Moynihan & Alan Cassels

How the world's biggest pharmaceutical companies are turning us all into patients.

**The Truth about Drug Companies** by Marcia Angell, M.D.

How they deceive us and what to do about it.

She was the former editor-in-chief for 20 years of the New England Journal of Medicine.

**Overdo\$ed America** by John Abramson, M.D.

How the pharmaceutical companies are corrupting science, misleading doctors, and threatening your health.

**Death by Modern Medicine** by Carolyn Dean, M.D., N.D.

Documents tales of propaganda, health care bureaucracy, and the focus on profits instead of healing.

**Death by Prescription** by Ray D. Strand, M.D.

The shocking truth behind an overmedicated nation

**Death by Prescription** by Terrance H. Young, MP

How to avoid cures that kill. A father takes on his daughter's killer - the Multi-Billion Dollar Pharmaceutical Industry.

**Confession of a Medical Heretic**, Robert S. Mendelsohn, M.D.

Modern medicine's treatments for disease are more dangerous than the diseases they are designed to treat.

**Bitter Pills** by Stephen Fried. Inside the hazardous world of legal drugs and the damage they do.

**Die Krankheitserfinder** (translated **The Disease Inventors**)

Became a instant bestseller in Germany.

Joerg Blech tells how we are all made into patients.

**Politics in Healing** by Daniel Haley,

The suppression and manipulation of America Medicine.

**Aids and Alternative Medicine** by Dr. Leo Rebello, ND

Aids is the greatest myth of our times and is kept going so that the multi-trillion dollar industries keep prospering.

**Fight for your Health** by Byron J. Richards

Exposing the FDA's betrayal of America.

**The Menopause Industry** by Sandra Coney

A testimony to the importance of this information as well as to how "vested interests" can sway an industry.

**Squandering Billions** Gary Bannerman & Don Nixdorf, DC,

Health Care in Canada, a demonstration of the absolute power of medical doctors, pharmaceutical companies, health bureaucrats and hospital administrators, enshrines mediocrity at the expense of patients.

**Corrupt to the Core** by Shiv Chopra, PhD.,

Memoirs of a Health Canada Whistleblower, he was employed 35 years with Health Canada and fired in 2004.

**Healing the Planet, One Patient at a Time** by Jozef J.

Krop, M.D.. Environmental medicine treats illnesses caused by the contamination of air, water, and soil.

If you like surfing the net check the grim statistics of medical errors published in the American Medical Association July 26, 2000 • [www.cancure.org/medical\\_errors.htm](http://www.cancure.org/medical_errors.htm)

### Tyranny of Government 'Protection' REFERENCES

*continued from page 24*

For issues on cell phones and cancer see Debra Lee Davis, Disconnect – The Truth About Cell Phones and What the Industry Doesn't Want You To Know, 2010.

For the information on the toxicity of energy-efficient light bulbs and Germany's stance on them go to [www.communities.canada.com](http://www.communities.canada.com) or e-mail [dnicholson@yaknet.ca](mailto:dnicholson@yaknet.ca) You also will find a great deal of information on this topic by going to Wikipedia and googling "Compact fluorescent lamp" which was last modified on February 17, 2011, and contains all the links to the relevant European Union sites.

The information on fluoride is available from the website of Fluoride Action Network.

Any questions?

Contact Helke Ferrie at [helkeferrie@gmail.com](mailto:helkeferrie@gmail.com)



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

## JUNE

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

## JULY

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

## AUGUST

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

## SEPTEMBER

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

## OCTOBER

- 14 - 16 Awakening the Healer  
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