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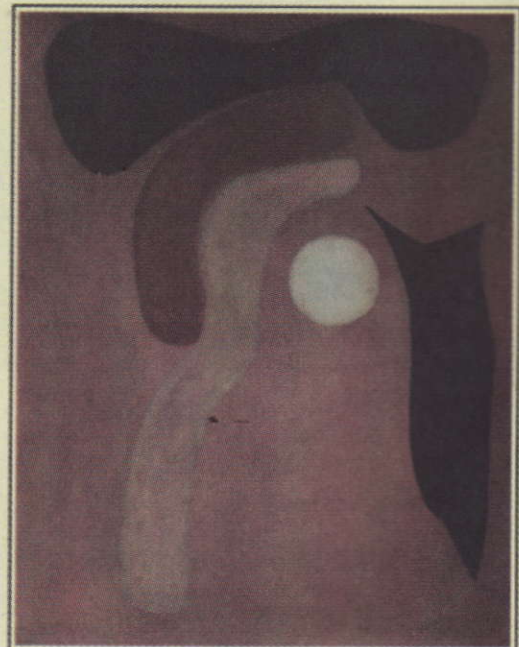
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Flu Vaccine Effectiveness is 'Lacking' for the Elderly

by Resident Medical Authority: J. E. Williams, OMD, FAAIM

Studies show that getting a universal flu vaccine isn't effective in preventing this seasonal illness. Which raises the question? Is vaccination right for you? Why might you not want to get vaccinated? Some vaccinations work in theory and practice but often those kind only work well against certain kinds of viruses. Smallpox is a good example of what does work well. The influenza virus on the other hand is complex and constantly mutating. There are just too many different kinds to develop a well-targeted vaccine that works for all the variations.

It's best to take a real good look at the science, when your health is concerned and the life of your children are on the line. An article in *The Lancet* in October 2011 reviewed US vaccination results and found that, "Influenza vaccines can provide moderate protection against virologically confirmed influenza, but such protection is greatly reduced or absent in some seasons. Evidence for protection in adults aged 65 years or older is lacking." "We conclude that frailty selection bias and use of non-specific endpoints such as all-cause mortality have led cohort studies to greatly exaggerate vaccine benefits. The remaining evidence base is currently insufficient to indicate the magnitude of the mortality benefit, if any, that elderly people derive from the vaccination program."

Here are both the bottom-line points and my concerns:

1. Universal flu vaccines are not that effective.
2. Effectiveness in elderly people is even lower.
3. When the vaccine doesn't match the kind of flu that is making people sick, it doesn't work at all.
4. If you get vaccinated for routine seasonal flu, a vaccine for a pandemic novel strain might not work.

This is what I tell my patients:

- Getting vaccinated is a personal health choice. Only you can decide what is right for you.
- Since the rate of effectiveness is low, unless you're in a high-risk profession like a paramedic or work in a busy hospital, the benefits of getting vaccinated are simply not there.
- If there is a pandemic, getting vaccinated may be useful, but seasonal vaccination against common influenza is not likely to get you through the winter without catching a cold or flu.

Excerpts from an article from the website...<http://renegadehealth.com/blog/2012/01/13/flu-vaccine-update/#comment-173189>

For more shocking information... www.thinktvice.com/flu.htm

To prevent and even eliminate flu, colds and practically all illnesses, one must have a powerful immune system (be healthy) so that we don't get sick when a virus is present. Learn to cleanse your body of accumulated toxins and nourish it with wholesome live foods. Most off-the-shelf food is devitalized so we need to supplement with whole live foods. Enzymes, electrolytes, powerful probiotics, wholesome raw foods are the requirement for good health.

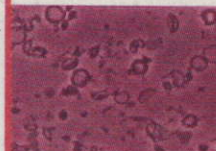
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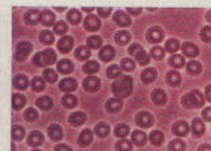
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Musing

with Angele, the publisher



The front cover was taken at the Spring Festival of Awareness last year. What an amazing tree and site for such an amazing event! I have just finished arranging this year's presenters so you can enjoy another smorgasbord of healing and insights in 2012.

If someone had told me 25 years ago that I would be doing this for a living, I would have raised my eyebrows. Time builds confidence and trust in the universal flow of energy. I remember consulting an astrologer to make sure I would not lose money taking on this new challenge. When it was over we had made about a hundred dollars' profit that first year, so I took the team out to dinner and we celebrated.

Then I asked if they would like to do it again. I had learned so much that first year that I wanted another chance to do it better. I so clearly remember walking into the gym and whispering loudly to Laurèl Burnham, "We should have decorated the gym." She had attended one of the early Spring Festival events when it was in Nelson and was a great support in those early years. Two Reiki Masters took over finding people to work in the Healing Oasis. Urmi, Dave and Daryl organized the Children's Festival, a part of that original weekend event which we continued for about ten years.

I had attended one of the Festivals when it was in Vernon. It was held in a school that year, and I remember walking the hallowed halls looking into the rooms that didn't have too many people so I could find a seat. I remember a female monk giving instructions on meditating with the eyes open, another workshop talking about herbs and several others on topics I was interested in. Soon the day was over and back to Summerland I drove, feeling glad I had managed to fit in at least one day at the Festival as I worked on Sundays. The next year, the event was held at a hotel, so the atmosphere had improved as well as my comfort level. I appreciated the funky hand-typed schedule as I figured out who was in which of the three rooms, but I don't remember much else.

The Festival had originally started in Castlegar, moved to Nelson, and then the Vernon Center for Positive Living took it over. I wanted to know everything about the kinds of information it presented and had already started the Penticton Metaphysical Society with meetings every second Friday. We listened to local talent like Cheryl Grismer, Andrew Schneider and Peter Morris, a ghostbuster from Vancouver. Peter had participated in the Vernon event and when he did not get invited to present for the third year, he asked me to find out why. When I phoned I was told, "There is no energy to continue the Festivals." Peter said, "Too bad, it was such a good event!" Then he suggested that he and I could do it.

I had quit my job as a lifeguard by then, and I figured this was a good way to pay society back for having received some unemployment insurance. Looking back at what was happening at the time, I smile at how the universe works. For one thing, knowing that my time working for the Summerland Recreation Department was coming to a close, I had started to study graphology part-time a year before I quit and then full-time till I was ready to write my final exam. I was so disappointed when I failed that I cried. I just couldn't understand it. The instructor then said I should wait at least six months before trying again. So the timing was, in effect, perfect. I would organize the festival with Peter, I thought, for he had moved to Penticton and so had I. Then I would get on with my life ... as I had planned it. This statement often reminds of the joke that asks, "What happens when you tell God your plans?"

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STEPS ALONG THE PATH



*Richard in his teens,
playing his guitar*

Time for some mid-winter humour. This story took place about forty years ago when I was around fifteen or sixteen years old. The setting was my family home in suburbia where all the houses were different colours, but similar sizes and shapes. There were paved streets with curbs, sidewalks, lawns, shrubs and the occasional tree. When you walked into the front door of my home you entered into the living room with a staircase leading up to my bedroom on the second floor.

My topics of interest at this point in time were, building neat things, camping and girls. Well the building and camping things were easy but the girl thing was still a mystery. Fortunately for me, a girl named Joan, who lived just across the street, took an interest in me. She was a year or two older and by some divine grace she decided to teach me all 'about the birds and the bees' (a quaint term meaning sex). Well, I was an enthusiastic student, and as far as I was concerned this was way better than building things!

One night my parents decided to go to see a movie. As soon as they drove off I ran across the street and told Joan. The two of us went up to my bedroom and immediately got into the spirit of things. I was experiencing all sorts of unexplored territory—I was totally blissed out.

Well things were coming along just great (no pun intended) when all of a sudden the front door of the house opened and my parents came in! It turned out that they did not like the movie and had left early.

Wow, talk about putting a chill on things. Well there we were buff naked wondering what we should do next. The two of us got dressed while my analytical mind contemplated a way to get Joan out of a second story window and down to the ground without making any noise. Since I did not have a ladder or a rope at my disposal I ruled that option out. It looked like we would have to face the music, so we agreed to say that she had come over to help me with my homework. Which, when you think about it, was not really that far from the truth. I would just refrain from telling what subject we were studying.

So down the staircase we went into the living room where my mother was sitting on the couch. Joan said hello to my Mom and I gave the home work story. If looks could kill, Joan and I would have been goners. Joan quickly slipped out the front door and I stayed to face the music. My Dad just stood near the back of the living room with a bemused look on his face. Later when I was alone with him, he told me that he had no problem with what had happened, just make sure that the next time I have a ladder ready.

Namaste
Richard

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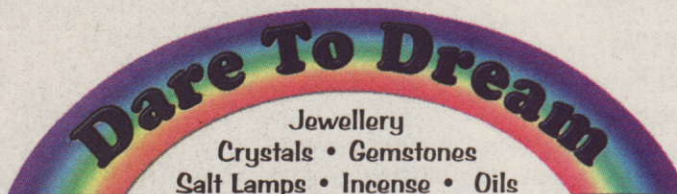
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After that first Festival, I remember driving home in my red Datsun car when I felt compelled to pull over to the side of the road – just as a rush of energy struck me like lightning. I felt like an egg being cracked open. I cried happy tears knowing that I was in for a big change. The rest is history.

This year I turn sixty years old – my computer keeps getting faster and the printers keep getting cheaper and I continue to keep learning – promoting events, writing, editing, computer programming and living in a community helps keep me young. I also like knowing about the various healing modalities for they are all such a gift to humanity. And talking about gifts, I would like to invite YOU to my surprise birthday party on February 20. It will be at the Johnson's Landing Retreat Center, a long way to travel for most folks, but if you can find the time, please phone and let us know you are coming. We'd love to have you!

I would also love it if you participated in the Spring Festival of Awareness in Naramata, BC, April 27-29. It will be my twenty-fourth time. I have an amazing crew that makes it easy and many talented instructors who will inspire us to become even more aware as they imbue the Festival with their passions and love to share. John Murphy wrote, "Passion is a heartfelt energy that flows through us, not from us. It fills our hearts when we allow it to and it inspires others when we share it. It is like sunlight flowing through a doorway that we have just opened. It was always there. It just needed to be accepted and embraced. Under the right conditions, this 'flow' appears effortless, easy and graceful. It is doing what it is meant to do. It is reminding us that we are meant to be purposeful. We are meant to be positive. We are meant to be passionate. We feel this when we listen to and accept our calling in life. We feel it as inspiration when we open the door of resistance and let it in."

2012 is also the year the Mayans proclaimed to be the end of many cycles and a transition to a more peaceful world, a world of which I see glimmers of hope. Barbara Max Hubbard says, "Our personal growth is imperative so that we can contribute our best selves toward positively shaping our future. When we can integrate our inner shift with our true calling, we become vital evolutionary leaders. We are at a tipping point. If enough of us make the shift from Ego to Essence and form community and critical mass, we can collectively tip the balance away from chaos and together co-create the world anew."

And a long time ago, Edgar Cayce, the sleeping prophet, wrote about the rebuilding of the world. He said, "Peace in the world must first begin within the heart and purpose and mind of the individual... for as individuals change themselves, and their interactions with one another, eventually the world cannot help but follow."

Many of the festival instructors have similar quotes at the end of their emails that inspire me to change and BE the change I want to see in the world ... Are you ready to transform? Showing up for either the Spring Festival of Awareness or the Wise Women's Festival is a first step ... something I learned so many years ago.



Angele



Re-Occupy Your Body

Citizens Revolt Against Corporate Control of our Healthcare and Food Supply

by Helke Ferrie reprinted from Vitality Magazine, Dec 2011 and Jan 2012

The Occupy Wall Street movement has frequently been criticized as having no discernible strategy. That may turn out to be the secret of its eventual success. This movement is not another plan by somebody to save the world, but an invitation to everybody to come to grips with reality. Indeed, this world-wide phenomenon conspicuously lacks empty political sound bite solutions. Those have an unholy way of arousing our most primitive instincts, fuelling demagoguery, because sound bites lack intellectual nutrients from which to build clear understanding of complex issues.

The movement's assertion that 99% of us are essentially working to keep 1% of us in control of everything, reminds me of the 1980's when the equally simple assertion was made that all forms of physical trespass are unacceptable – requiring no justifying explanation. Any unpermitted move into another person's physical space was suddenly understood as potentially abusive. The insight had arrived that we own our bodies absolutely and that this constitutes a very special kind of property right: fundamental, like a law of nature. The strategies to help prevent sexual abuse of children in particular arose out of this insight, as the words of that famous song describe.

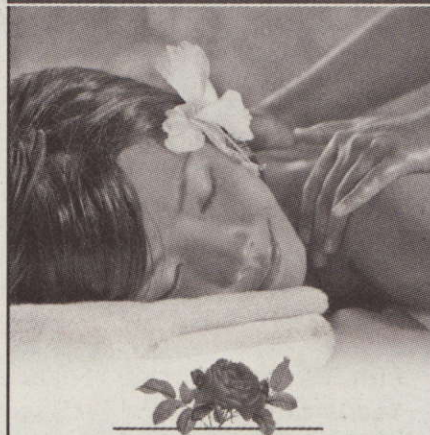
Similarly, the Occupy Wall Street movement brings new attention to the fact of extreme economic imbalance and points to its associated abuse of human rights. Undoubtedly, strategies to correct this situation will follow, once enough of us truly understand that it is absurd that the wealth of the world, created by us all from the resources of our jointly owned home planet, is controlled by just 1% of the human family.

Interestingly, on November 13, 170 economists from some of the most prestigious universities in the world, expressed their solidarity with the Occupy Wall Street movement, stating in their joint press release: "We support the efforts of the Occupy Wall Street movement across the country and across the globe to liberate the economy from the short-term greed of the rich and powerful 'one percent' ... We extend our support to the vision of building an economy that works for the people, for the planet, and for the future, and we declare our solidarity with the Occupiers who are exercising our democratic right to demand economic and social justice."

Importantly, once something has been understood, it is not possible to go back to the time of ignorance and forget what is known. The process of change is unstoppable. A status quo recognized as insupportable never regains its original hold. Enlightenment, curiously, is a one-way street. So it may not be totally surprising that one of the world's richest men, Warren Buffet (net worth \$47 billion), recently called upon the U.S. Congress to "stop molly-coddling the super rich" and start taxing them properly.

continues on page 8

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Re-Occupy Your Body *continued from page 7*

How GMOs Violate Our Genetic Integrity

In medicine, the struggle to safeguard individual biological integrity and autonomy today has become polarized between governments that obey every wish voiced by Big Pharma and the science showing that the primary causes of disease and death are bad food, most prescription drugs, and a poisoned environment. Significantly, recent research from Chinese universities has shown that crucial segments of the DNA of plant foods survive the digestion process, travel into the blood stream, and take up residence in the liver from where they target various cells in the host to alter gene expression (ideally to enhance survival of the organism). This means that genetically modified plant DNA can do so too, as indeed we know it does. We literally become what we eat – including healthy, sick or dead. In the same way, animal products tainted by genetically altered drugs can cause cancer and birth defects in humans, such as milk from cows treated with bovine growth hormone, a genetically modified substance.

Whistle Blowers Receive Award from CJFE

On November 24, three former Health Canada scientists, famous for refusing to approve bovine growth hormone and other drugs for consumption in Canada, were honoured at

the 14th annual award ceremony by the Canadian Journalists for Free Expression (CJFE): Anna Maria Tremonti of CBC's "The Current" was the host, and the recipients were Shiv Chopra, Margret Haydon, and Gerard Lambert, who had worked together at Health Canada to uphold the Food and Drugs Act and spent a decade trying to prevent carcinogenic and endocrine disrupting drugs from entering Canada's food supply. For their determination to save us from our government's disregard for the health of its citizens, then Prime Minister Paul Martin fired them in 2004 for "insubordination." Mainly due to these Canadian scientists, who blew the whistle right around the globe, these drugs were stopped worldwide.

Dr. Chopra, in a CBC interview prior to the award ceremony, made the point that in a democracy we all must insist on "re-occupying our bodies" and refusing this corporate trespass. It is now generally known that we eat, drink, breathe and handle materials all day long that contain thousands of toxic substances or radiate us with DNA-zapping microwaves about which we were never informed and for which we never gave permission to be used in us.

Shiv Chopra's book, *Corrupt to the Core – Memoirs of A Health Canada Whistleblower*, tells the story of how successive governments, led by Health Canada, colluded with drug manufacturers (in complete violation of the law) to allow harmful chemicals into our food supply, and how many of them were stopped here and abroad. That book, which was

Re-Occupy Your Body *continued from page 8*

also distributed in India, was key in establishing an indefinite moratorium on GM foods in that country last year.

The struggle is certainly not over against those corporate bullies who trespass against our bodies, but India has begun the re-occupation process by suing Monsanto for attempting to force GM vegetables onto its people, calling it "bio-piracy." Similarly, in November a Canadian court ordered Health Canada to study the impact of Monsanto's pesticide Roundup (glyphosate) on amphibians, especially frogs. Biological integrity depends on the context in which it evolved and thrives. Personal autonomy is not possible without the protection of the web of life. Whatever causes the frogs to die out will undoubtedly kill us too.

Asbestos Production Banned in Spite of Canadian Government's Protests

One of the longest-running battles to protect human health involves asbestos, the sole cause of mesothelioma – one of the deadliest of cancers (see my article in March Vitality; 2008). Exposure to asbestos microfibres ensures virtual certainty of developing that type of lung cancer. Yet Canada scuttled the recent Rotterdam Treaty which would have made warning labels on exported asbestos mandatory so that workers in poor countries (provided they can read) could make a choice as to what goes into their lungs. Now, as reported in the Globe and Mail on November 24, all asbestos production in Canada was suspended due to international pressures.

Escalating Vaccination Wars

And significant developments are now taking place on the vaccine front of aggravated medical assault. Some 77% of doctors report that parents now request delays in the vaccination schedules for their children or outright refuse to have them vaccinated. While it has been known for some time that about one in ten parents refuse vaccination, what is surprising is the fact that the majority of these polled doctors expressed their readiness not to push vaccination.

The truly disturbing aspect of the escalating vaccine wars is that the science underlying the concept of vaccination does not get a chance to be properly conducted because the criminality of lucrative vaccine pushing has contaminated the whole enterprise. The entire May 26, 2011, issue of Nature was devoted to "Vaccines – Standing up to the Skeptics." Nature's articles explored problems in science (how to make new vaccines), problems with activists (skeptics) who believe vaccines are harmful, problems with fraud in vaccine development, ethical issues such as killing a lot of people in vaccine trials that weren't registered and were conducted in Third World countries, the challenge of developing and deploying vaccines that work and get beyond all the fraud and legitimate ethical issues, and what new vaccines might be possible to develop.

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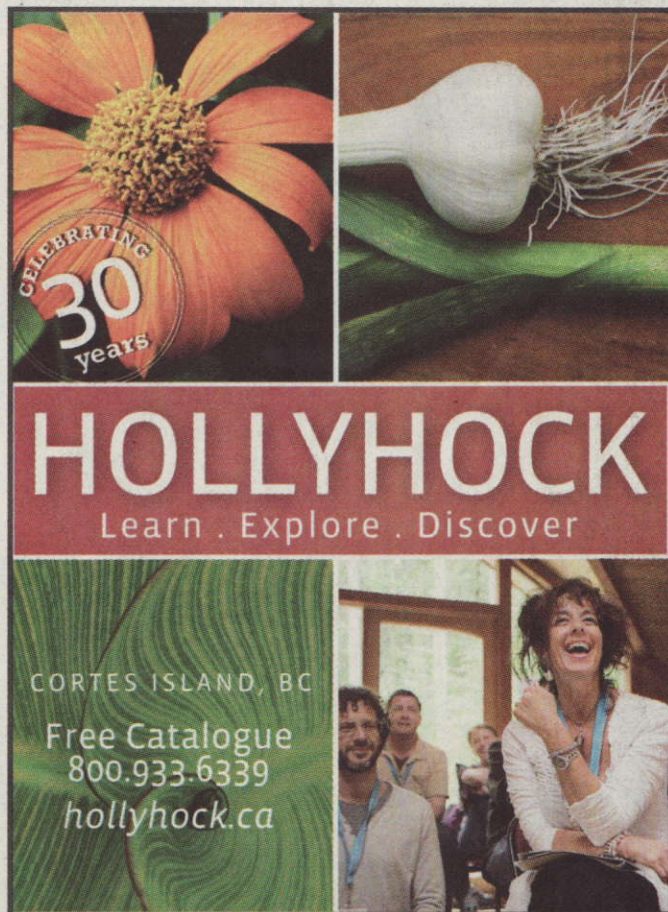
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Hajime (Dancing Dragon) Naka



Re-Occupy Your Body *continued from page 9*

Those activist skeptics got support from the EU, which found that many vaccines were associated with too many serious side effects, such as narcolepsy in children, and thus restricted their use. Furthermore, as Nature's authors admitted, the unethical practices in vaccine trials done in Third World countries are unacceptable and don't help to build confidence, nor does the fact that key researchers into the safety of MMR vaccines took off with the grant money after having doctored their data by falsifying autism statistics.

Finally, some astounding revelations recently arrived in the public domain: documents from May 2008 show that the US Centers for Disease Control and the vaccine manufacturer Merck knew that "the rubella virus (in the MMR vaccine) is one of the known causes of autism" since the 1960s when the World Health Organization published the relevant research. But this did not stop Big Pharma from developing the MMR vaccine and adding neurotoxic mercury as a preservative.

While the use of mercury as a preservative is now outlawed, vaccines distributed in the Third World still contain it. Also, the biological pathways by which certain predisposed children develop autism when injected with the rubella virus vaccine are now well known. The entire list of mainstream research published up to June 2011 containing this proof of harm and the legal actions that succeeded in establishing the direct causal link between MMR vaccines and autism is posted on <http://www.childhealthsafety.wordpress.com> (see June 30, 2011).

The abuse of our bodies in the name of some hypothesized greater public good has reached a level so ridiculous, it takes one's breath away. The U.S. government has approved mass anthrax vaccine trials on children, though unlikely to get started any time soon as the public is outraged already. The chair of the National Biodefense Science Board, Daniel B. Fagbuy, defended his decision by opining: "Do we want to wait for a [terrorist] attack and give it to millions and millions of children and collect data at that time?" when it is presumably too late. However, even the most dedicated supporter of vaccines knows that anthrax does not spread like the flu from person to person and is, therefore, localized and self-limiting. Anything that does not spread between people is not a realistic vaccine target. To "protect" those millions, they all would have had to have been exposed to anthrax spores singly and individually. Dr. William C. Douglass Jr. observed on November 28: "To test safety you would have to inject a bunch of children and babies



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[with anthrax] and see how many are left standing – or crawling. Then, if you have enough kids left, you can start tinkering with the dose and test for effectiveness. And if you think our government would never, never do something like that – well, you just don't know our government very well."

The 1% Get Richer as The Medical Cartel Pursues Profits Ahead of the Public Good

Being assured by a doctor that a drug is good and then becoming a statistic of the collateral damage stemming from fraudulent research, usually not even known to the doctor, is an example of being sacrificed to the interests of the 1%; they gain financially but need take no responsibility for the means by which wealth was generated from the 99% duped or pressured into taking those drugs.

We now know, from research done at Harvard Medical School, that antipsychotic drugs given to children significantly increase the odds of these kids developing diabetes. (Why children are being given antipsychotics is in itself incomprehensible.) As reported in The Medical Post on July 12, 2011, the Canadian Paediatric Surveillance Program reported severe, usually irreversible, often deadly and never seen before adverse drug events in children from entire classes of drugs – especially anticonvulsants, antibacterials, psychoanaleptics and psycholeptics. Dr. Danielle Grenier observed that "It's impossible for clinical trials to identify all these adverse reactions before drugs are marketed, but premarketing trials are not always done on children." Health Canada and the FDA admit that fewer than 25% of all drugs can be advertised as safe for children. "I feel very, very bad that we're giving kids drugs that are not tested. We would never dare do that to an adult."

Well, actually modern medicine does horrible things like that to adults, too. Adults are told lies about drugs that were found to be dangerous when tested but were marketed nevertheless. Then, when the funerals are over, the bank accounts fattened, and critical thought and troubling questions arise, the truth eventually comes out and those who speak for the dead and maimed go to court. GlaxoSmith Kline agreed to pay fines to the tune of \$3 billion in November for wrongful advertising, untruthful marketing practices, defrauding Medicare, and the like. This is the second such agreement in just one year. A few months earlier the fines were in the hundreds of millions.

More and more people are taking charge of their health, asking questions, and refusing to cooperate blindly. The support for the **Charter of Health Freedom** written by lawyer Shawn Buckley, of the Natural Health Products Protection Association, is a good measure for this shift in public opinion. Signatures are close to 100,000 now (please go to <http://www.NHPPA.org> and sign that you want choice).

Back in the 1970s, it took 600,000 names on that famous petition that resulted in us getting our constitution in the 1980s, the Charter of Rights and Freedoms. A great many of us have decided to re-occupy our bodies and lives and assert our birthright – freedom of choice. May 2012 continue this trend!

References next page

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Helke Ferrie

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WHEN: March 9, 10, 11

WHERE: Maple Ridge

CONTACT: Cheryl (250) 768-2217

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Intermediate Meditation

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Please wear comfortable clothing.

WHEN: March 16, 17, 18

WHERE: Cove Lakeside Resort,
West Kelowna

CONTACT: Cheryl 250.768.2217

Contribution: \$250.00

Waking Up

Most of us spend a great deal of our lives in a sleep state. Enlightenment requires a waking state - this class will focus on techniques and understandings that will help you achieve that waking state. The spiritual path requires us to open OURSELVES, not just our eyes to the sacredness of each word we speak, each person we meet, each action we take. WE CAN transform our LIVES!

WHEN: May 11, 12, 13

WHERE: Sylvan Lake, AB

CONTACT: Jill 403.887.2608

or Cheryl 250.768.2217

Contribution: \$270.00

Spiritual Intensive

If you are committed to turning your life in a new direction that is closer to your heart's truth and your soul's path, then this is the class for you. This is more than just an instructional course, it becomes a place in time where the world stops and the miracle of you emerges. We start with the basic tools of meditation, parapsychology, metaphysics and healing designed to improve your personal and professional lives. You learn to apply your paranormal abilities through regressions, criminal investigations, psi-scans, automatic and inspirational writing, healing and much more.

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Class size is limited to 10.

WHEN: March 2, 3, 4

March 23, 24, 25

April 13, 14, 15

May 18, 19, 20

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CONTACT: Cheryl (250) 768-2217

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WHEN: May 25, 26, 27

June 22, 23, 24

July 27, 28, 29

September 21, 22, 23

WHERE: Maple Ridge, BC

CONTACT: Cheryl (250) 768-2217

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Trusting Your Path

by Brenda Cann

Twenty-two years ago I boarded a plane for Europe and embarked on an unexpected journey. Perhaps it was symbolic that my baggage missed the plane and I arrived in London divested of my 'things'... just me ...standing alone in a foreign landscape. I had just finished my B.A. and my plan was to take a year to travel and work in Europe before beginning graduate studies. But there are the plans of the person and the plans of the soul. While there I 'contracted' pneumonia and thus began the real travels, an eighteen year journey through Chronic Fatigue Syndrome. I use the word 'contracted' deliberately as I agree with Caroline Myss' belief "that each of us is guided by a Sacred Contract that our soul made before we were born. That contract contains a wide range of agreements regarding all that we are intended to learn in this life."

There is no question that the illness was my great teacher. This is not to say that I didn't struggle with it. In her book *Women Who Run With the Wolves* Clarissa Pinkola Estes writes about "...the great teacher we have been saying we want. 'No, not this teacher!' we shriek when she arrives. We want a different one. Too bad....The interior teacher surfaces when the soul, not the ego, is ready... and thank goodness, for the ego

is never fully ready." Mine certainly wasn't.

At first I felt like I was dangling on the edge of a cliff and hanging on with my fingertips, desperately trying to pull myself back up onto the solid ground of my 'real life.' Eventually however I let go and dropped to sit at the feet of this new teacher and that is the first thing she taught me, surrender. The lessons were numerous. There was Ego Dissolution 101. Overnight I had been stripped of all my externals. I was more or less confined to my home, lost friends, went from earning a First Class Honours degree in English Lit to being unable to read the simplest book. I no longer had an answer to that common question, "What do you do?" Everything by which I had defined myself was gone. "Who are you now?" CFS whispered, "Who are you really?" The most valuable lesson though was the way the illness pushed me beyond my mind. Without my intellect to help me navigate the way, I groped like a blind woman and developed new ways to see, honing intuition instead. The course load was heavy, there was no recess or summer holidays and as year followed year, I had begun to think CFS fell under the category of lifelong learning and there would not even be a graduation. Enter teacher number two....enter Malta.



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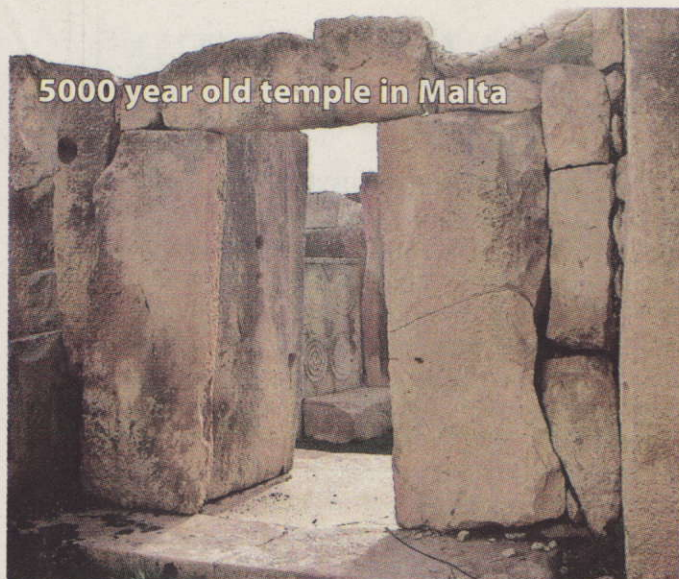
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5000 year old temple in Malta

Seven years ago my mother spent a week at Johnson's Landing Retreat Center and fell in love with a CD she heard. It had been recorded in the Hypogeum in Malta. She ordered it and it arrived with a simple brochure offering pilgrimages to Malta's 5000 year old temples. She had no idea when she showed it to me that she was setting her daughter on the path to healing. I had barely heard of Malta and could not have pinpointed it on a map. However, I looked at the brochure, looked at my mom and said, "We're going." It was the most illogical statement I have ever made. I was too ill to leave my house, let alone cross the Atlantic, but the pull to go was irresistible. So I took my backpack off its dusty shelf for the first time in almost twenty years, the same backpack I had taken on that initial trip to Europe which had started me on my journey with CFS. It was empty except for one thing, a butterfly ring that I had forgotten I owned. Illness had been a metamorphosis, a passage from one way of being to another, and now it was time to fly again.

Even on that first trip my arrival in Malta felt less like an arrival than a return. I felt like I was Home and, as in any true home, had the immediate sense of being looked after. I had no greater expectations than maybe having one good day during my month-long stay. However, I was amazed to find that within a week I was remarkably better and in much less pain. I had forgotten what it felt like to be able to move freely. Malta reminded me. It is impossible to encapsulate my experiences in Malta in a paragraph. That first trip alone is a book unto itself. Suffice to say that I visited Malta twice more, each time experiencing the same dramatic improvement. Eventually I decided to come for a longer period to see if I could recover completely. People ask me what it is about Malta that has helped me heal. First it is important to understand that the illness itself was healing, taking me from who I was to who I could be. What has happened on this island has simply been a continuation of that process, as if I have been learning about the next phase of healing, one which blessedly has included the clearing of CFS symptoms. I think of Malta as yet another teacher, one who has the answers and guides me with hints and support but makes me do the work...and I

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have had to work. I have learned it is not enough to recover from the physical symptoms of illness. Just as I had forgotten what it felt like to be healthy, I have now had to let go of the memory of being sick. The emotional, mental and physical patterns that accumulated during twenty years of illness have been coming up for release. Fear (that my legs will give out, that I won't be able to sleep) had to be replaced with trust.

As for what makes Malta extraordinary...there is the cleansing sea, the warmth, the endless golden light, the supportive nature of the Maltese people without whom I would not have made it this far. However, there is something more, something deeper, a strong spiritual energy that has run like a supportive backbone through this land for millennia. From the beginning I was drawn to the ancient temples. I would say I sit at them for hours at a time, except at the temples there is only timelessness. They lift me out of the 'now,' holding me above my struggles so I can see them from a higher perspective. The temples take me further out of my mind to a place where all is possible. It's about hope. See ad below for connecting.

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TEN YEARS LATER

by Wayne Still

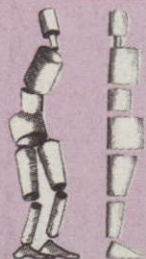
On February 28, 2002 I finished my basic training in Structural Integration at the Guild for Structural Integration in Boulder Colorado. I remember that the sun was shining brightly as I started my drive home after the graduation luncheon. It turned out to be a good omen for my eventual reinvention of self from a hippie organic orchardist to an urban professional. Although as I described this to an old friend he commented that it was more likely that I was a hippie urban professional!! I won't argue.

For the first five years as I established my bodywork practice I worked at it part time while I continued to manage my farm and look for a young family who would take it over and continue to run it as I had. In 2006 such a family came into my life and I was able to end my 28 years of orcharding. The following year I opened my office in downtown Penticton and moved into a townhouse a short walk from the office. Now rather than my life being governed by the seasons it was my appointment book which dictated where I was and when. Not so flexible as life on the farm but that was the trade off for the change I had chosen to make.

I originally became involved with Structural Integration work or Rolfing® in my own quest to find relief from chronic pain. Of all the things I tried it was the only one which gave me the relief I sought. We talk of the work as being transformative, I can certainly attest to that having made the transformation from client to practitioner. But equally important, as a recipient of the work, I have learned what it is to live in a body free of pain which becomes more flexible as it ages. Indeed I don't even want to consider what my life would be like today if I hadn't gotten involved with the work when I did. Apart from the physical comfort I now enjoy, living in Penticton has opened new recreational opportunities for me. I have rediscovered the joys of cycling and become involved in the water sport of paddling where I race outrigger canoes and dragon boats. These activities bring me in contact with a whole range of interesting people I would not have otherwise come to know.

Learning about Dr. Rolf's work which is focused on the body's connective tissue system opened a whole new world of knowledge and understanding of the human body to me which I am able to share with my clients as they seek relief from whatever condition it was which brought them to my work table. Building on my basic training at the Guild I have taken many continuing education courses to expand on those basic skills and make myself a more competent practitioner able to deal with a wider range of issues that are presented to me. Learning the skills of Visceral Manipulation allowed me to soften my touch while greatly expanding the potential for finding a solution to a client's problem.

Being a bodyworker involves a high level of trust on the part of both the client and practitioner as both make themselves vulnerable in the relationship they develop. I am so grateful for all those who have entrusted their well being to me over the last decade. Thank you too to Angele for giving me the opportunity to write a regular column in Issues to share with our readers how they may improve their quality of life through Structural Integration.



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Our Hands a Map of our Life!

by P. Danielle Tonossi

Palmistry was practiced more than 5000 years ago. It was considered a science and taught at institutions of higher learning. In our hands, we see the imprint of our brains' neural pathways and energies accumulated during a lifetime of experiences. Goethe writes, "The hand is the visible part of the brain." Fingerprints have been accepted as an infallible means of personal identification for more than a century. Our fingerprints are formed five months before birth and they are unalterable. Every hand and every part from the fingertips to the wrist is a unique landscape! We could say our fingerprints represent our Soul contract, or what we came here to do! Each of our fingers and zones in our palms has an astrological and archetypal correspondence. By understanding the mythologies of the gods and planets associated with each part of our hands it is possible to gain many insights about oneself and others.

Hand Analysis is a non-predictive exploration of all aspects of the hand including shape, lines, fingers, and especially fingerprints, for the purpose of discerning human character, temperament, gifts, and individual life purpose and where we are going in our lives. A Hand Analysis consultation will reveal how we are living our potential, expressing our unique strengths and gifts (Life Purpose) and facing our challenges (Life Lesson).

Faculty member of the International Institute of Hand Analysis/IIHA, Ronelle Coburn writes: "Your own unique fingerprints provide you with the Ultimate Life Purpose Assessment Tool so you no longer have to guess at your Life Purpose. It is there just beyond the veil of conscious awareness, waiting to come out from behind the curtain". In her book about Hand Analysis, *Destiny at Your Fingertips – Discover the Inner Purpose of Your Life and What It Takes to Live it*, she introduces the reader to an innovative and powerful tool for transformation. Richard Unger, founder of the IIHA and author of *LifePrints – Deciphering Your Life Purpose from Your Fingerprints* says: "Just as you would consult a map to reach an unfamiliar destination, reading your fingerprints gives you a compass for meaning and fulfillment as you develop into the person you were always meant to be."

I feel lucky to be trained by this LifePurpose Academy/IIHA. It is an ongoing journey of discovery and an honor to work with people who share their innate urge for a more creative and inspired life. For me it has been a fascinating journey towards more consciousness!

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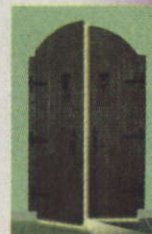
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Food for Thought

by Marion Desborough



Since 3000 BC, the olive tree has provided medicine, food, fuel and timber. Olympic competitors were once crowned with olive wreaths, a symbol of victory and an olive branch was a symbol of peace. The olive tree was special because it provided sustained energy so humans could thrive thousands of years ago. Various civilizations have called it liquid gold.

I didn't know much about the various kinds of oil till I got interested in being more healthy so this month I would like to share my research into Olive Oil.

Extra virgin olive oil is the highest quality, made from the very best olives. Virgin olive oil is made with slightly riper olives and is deemed less superior. European legislation dictates that any oil labelled 'virgin' must have the oil extracted from the olive by physical means, such as pressing, rather than by chemical refinement. It also has to pass a taste test conducted by experts. Extra virgin must also have .08 or less acidity, and virgin must not have more than 2% acidity. To be certified 'extra virgin,' an olive oil must also be cold pressed, which meant the fruit of the olive was crushed only one time – the oil was from the first pressing. The term 'cold' refers to the temperature of the fruit at the time it's crushed which can't exceed 86 degrees Fahrenheit. If the temperature range is too high during the crushing process, the quality of the oil will suffer. Lower quality oils—those that aren't labelled extra virgin—are typically crushed a second time at a higher temperature, then since oil is a expensive commodity, chemicals are added to extract more oil from the fruit. The resulting oil is much lower in quality.

Recently I read that the term cold pressed is outdated. "A relic of the days when olive paste was actually pressed between mats to extract the oil. Nowadays almost all extraction is done with a centrifuge." In the past, the second pressing of the waste olive paste was heated and that oil was burned in lamps.

In recent times, the manufacturing of olive oil has taken on industrial proportions from the harvesting to the processing, splitting the olive culture into two directions, traditional and super-intensive. The highly mechanized processes have led to a poorer quality oil and has eliminated much of its healing properties. Even the quality of the so called, extra virgin olive oils, now have allegations that Italy's biggest producers have been diluting olive oil with cheaper oils and discussions are underway to establish better guidelines to ensure quality.

Fortunately, a few smaller producers are dedicated to preserving traditional harvesting and extraction methods to maintain high level of medicinal nutrients found in pure olive oil. Driven by a desire to maintain the oil's medicinal properties two brothers have develop a new extraction technique that would ensure the maximum level of nutrients while maintaining the olive oil's superior flavor. This new method

is called 'ice pressed.' Though more costly to produce it does maintain the oil's integrity and qualities that closely resembles that which was revered in ancient times. If a label says 'pure olive oil' it is typically a blend and could be from anywhere, as oil companies now import and combine many oils, then refine it with chemicals to remove taste and neutralize the acid content.

Many of the olive trees in Italy are dying from the pollution that is blowing in from the ocean, reaffirming the need for responsible protection of the existing olive groves in regions where conditions exist.

Thus we come full circle and the term organic. In the 1940's all trees were organic as it was a time before PCB's were introduced to the world. In case you don't know, PCB is a polychlorinated biphenyl, a by-product of coal tar and was widely used in transformers, capacitors and electric motors. Monsanto marketed it as Aroclor from 1930 to 1977 before it was banned. Monsanto continues to use the same technology to make Agent Orange, toxic insecticides, plastics, fire retardants, adhesives, paint, etc., that destroy the natural environment, so they can make a profit and help the world. With the trade winds, gulf streams and disasters like Japan's nuclear plant melt down and oil spills, anything grown near the ocean is considered suspect for carcinogens.

Appropriate, logical and conscious steps must be taken if we want our planet to survive and still eat food from halfway around the globe. We need to realize that the health-giving qualities of any food is a direct result of the environment in which it is grown—and a RAW label will cost more. Raw, ice-pressed olive oil retains the medicinal qualities of the olives, preserving the enzymes and retaining the proper structure of the fats because it is processed cold within twelve hours of hand harvesting. The health benefits of raw olive oil is well known and undisputed as an anti-oxidant and anti-inflammatory but another good reason to spend more dollars on better quality oil is that it benefits your heart. Olive oil is made up of monounsaturated fatty acids which is not as delicate as flax or oils from cold-water fish, which are polyunsaturated. Unsaturated fats, whether monounsaturated or polyunsaturated will oxidize because of light, air or heat and go rancid quickly. Because Extra Virgin olive oil has been minimally treated it is sensitive to cooking so best not to heat above 180 degrees.

So, the next time you purchase olive oil, I urge you to read the label, educate yourself as to where it came from and support farmers who are growing olives with love and logic. Purchase it in a dark glass bottle or tins, as that protects oil from the damaging UV rays and check the best-before date.

I for one, am going to my local Italian food market as they often import from smaller supplier's with connections to farms and families that have carried on with traditional farming methods. California olive oil is now a respectable team player with newer groves, less shipping costs and often certified organic. New policies and politics play a huge role but in the end it is the consumer who votes with their dollars and makes the difference, as to who continues farming and who doesn't.



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Taken off the Planet - A New Year Gift

by Kerry Palframan RN

I'd like to share a unique experience that happened on December 31st, 1999. It is noon and suddenly I feel groggy and need to sit down. I go into a meditative state, over which I have no control, and allow because I like the sense I get of internal peace, when I come out of the trance. I have always been sensitive to energy and have gone into these altered states of consciousness on numerous occasions.

This time I felt myself being lifted out of my body and taken way up above the earth where Archangel Michael is. It was my first conscious encounter with him, I have dreamt of him before, and I was surprised when he handed me a long sword similar to his. I found myself hovering in space, above the earth, with a large group of Tibetan monks and other angels holding swords. We formed a large circle and pointed our swords up in the air with the tips pointing towards the centre of the circle. I realized in that instant that the Tibetans, along with the Archangels were quite literally holding the energy of the earth. I was stunned and deeply honoured at the privilege of being part of this group. The experience lasted just over an hour but passed surprisingly quick in my ethereal experience. The sword never felt heavy and I did not feel tired. Nay, I was enlivened by the experience.

With the emergence of 2012 I have been privileged to be shown that Mother Earth holds a contract with the Creator of this Universe. Her contract with Creator is to allow humans to play on Her – to live a life of free will and create as we choose. She will never die and those that do not wish to align with the new paradigm that is arriving will simply leave this reality and go to one that is more in alignment with their soul's journey. The new era being ushered in is called The Thousand Years of Peace. This shift has been underway for many decades and will continue in the coming decade or two. May we embrace the crumbling old paradigms and allow beauty, peace, harmony and balance to rise up, out of the ashes, like the proverbial phoenix. Please see ad to the left

Kerry Palframan will be presenting at the
Spring Festival of Awareness, April 27-29



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Motivation to Manifest your Dreams

by Maria Gould

The days are slowly getting longer and the warm rays of the sun invite more vigor and bounce in our step. Where I live in central BC, there are more months of winter than any other season. I sometimes find it difficult, to stay motivated. When I get a breath of inspiration I run with it! I'm feel ready to manifest new dreams! Are you? What are your goals this year, this month, today? Do you want to lose a few pounds? Eat better? Take a class? Sign up for the Spring Festival? It is easy to get bogged down by the mundane of everyday life. So how can we stay motivated towards self improvement? Here are some simple steps...

1) WRITE IT DOWN AND TELL PEOPLE. This is the easiest step and the one that we tend to overlook. When we set a goal and then keep it to ourselves, it is easy to get side tracked. We haven't told anyone to make us accountable. Tell some close friends, you know the ones that inspire and motivate you. They will be your cheering section to help you stay on track.

2) POST IT WHERE YOU CAN SEE IT. Cut out pictures from magazines, print off inspiring stories that are similar to your goals, make a collage board of motivation that you can see everyday. Take just a moment each day to visualize what you want, how you will feel with it, what your relationship with others looks like when you achieve this goal. Make it as real and as in the moment as you can. The spoken word is effective in manifesting your goals only 30-40 %. If you visualize it, this puts the odds up to 50% of manifesting your dreams.

3) DAILY STEPS. What can you do today to move you towards achieving this goal? If your goal is to lose 10 lbs. Start with choosing more fruit and veggies, going for short walks in the evenings. Nothing too hard and overwhelming. Small successful step will keep you motivated and on task. When you achieve these goals, create new ones!

4) ADD THETA. After taking Theta training, and learning to hold a Theta Brain wave, my manifestations happen with little effort. When we manifest our dreams from this brainwave, we are tapping into our potential and letting go of our limiting beliefs. This changes our reality and increases the effectiveness of our manifestations up to 90%. Wow!

Remember, you are the creator of your reality! The Universe is here to reflect back to us whatever we focus on. If you focus on the job you hate, the relationship that drains you, or anything that is NOT working, this is what the Universe MUST reflect back to you. Wouldn't the world be a wonderful place if we all chose to focus on what is good in our lives? Then the Universe would have to realign and bring you more of this!

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Our minds are powerful beyond belief. If we release the beliefs that limit us, and focus on what we want to happen in the world, the Universe shifts to show you your new perception. Once you are motivated to Manifest your Dreams, write them down for next month, six months and a year. Apply the above guidelines and presto, you are manifesting! You can do it! Please see ad above

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Raw, Raw, Raw

by Kitty in Kamloops

I didn't come to Kamloops to do what I am now doing but life steered me in this direction and I am so enjoying this transformational first year. When I arrived I had lots of time on my hands, saw the announcement of raw food classes so I checked them out. I volunteered for awhile and now manage Pure Cuisine in Kamloops. Julie Bayman is a great boss who shares information and success stories with everyone who crosses our path.

I grew up with a typical North American diet but raised my family on garden veggies and fresh caught seafoods, so we were healthy. As I got older I developed more food sensitivities and found myself frustrated when it came to choosing food. Since working at this restaurant and enjoying the benefits of raw food I have put these worries behind me. My menopausal symptoms went away when I stuck with a six week challenge.

Some days it is not 100% raw due to travel, old habits and being just plain lazy. There are lots of challenges but I

keep prepping and dehydrating the goodies and feel so much better when I fuel my body with nutrient dense, high energy and easy to digest foods. It has been fun to learn to prepare breads, treats, burgers, sushi, using a dehydrator to warm raw soups, including the bowls, and cook our raw pizzas, keeping the temperature below 114 degrees. I love it that winter isn't all about cold foods. There are always desserts in the freezer and when I pull out a few bite-sized cheesecakes it impresses even the doubters. I feel so much better, have more energy and LOVE the bonus of no night sweats and crazy emotions I was previously experiencing.

If this kind of lifestyle interests you - give it some consideration. I have met many people who have had life changing results. Eating raw is not about eating mostly salads but eating a less complex diet with more live nutrients for more better absorption. It is fun, rewarding and less expensive than you think... very little waste and no worries about burning food and cleanup is a breeze.



Story of Beautiful Minds

By Lyren Chiu, RN, PhD

Bridging spirituality and science and Western and Eastern Medicines is my passion. I am a seeker who has traveled the path of integrating Western and Chinese medicine. My academic specialization is in mental health but I taught spirituality and healing in both undergraduate and graduate programs while being employed by the School of Nursing, University of British Columbia where I was the assistant professor till 2007.

At sixteen I studied the Heart Sutras with my mother and served for several Christian hospitals later as summoned by God. It seems paradoxical, but I cannot separate myself to an either-or-category of religion. I am a 21st century person. I help men and women in suffering, especially those in hospice and burn wards and I was deeply moved by their stories, thus I began a program of research during my tenure at UBC. I founded the Vancouver Research Network for Spirituality and Healing in 2003 to provide a venue for students and scholars to share their thoughts and findings. In 2006 it became the Canadian Research Institute of Spirituality and Healing (CRISH) a not-for-profit professional organization devoted to promoting multidisciplinary research and education in spirituality, culture, healing, and health care. (www.crish.org). In 2006 - 2009 we organized numerous conferences, forums and dialogues, speakers included Drs. Harold Koenig, Joan Halifax, Susan Folkman, Stephen Wright, Christina Puchalski, Michael Mendiola, Lorraine Wright, Steven Aung, David Kuhl, Harald Walach, Alfried Längle, Gabor Maté, John O'Neil, Hal Gunn, and Soma Ganesan. CRISH achieved charity status in 2008 and others stepped forward to help it sustain itself.

While I was at UBC I felt inspired by Dr. Muhammad Yunus, a Nobel Peace Prize laureate who spoke about his Grameen bank project in Bangladesh and others like our board directors Drs. Steven Aung and Soma Ganesan who spoke about integrative health. I so wanted people to have the freedom to choose safe, evidence-based, inexpensive treatments that are congruent with their belief systems that I initiated a social enterprise called Beautiful Minds society—a project for healing community, but we did not have enough resources to make this a reality. I figured it would support members with knowledge, products, business administration and marketing services as we created jobs and shared the profits. My research suggested that 73% of Canadians utilized spiritual healing methods to sustain or cope with their health conditions. Acupuncture and massage were among the common methods.

During this time a former student of mine, Carly, wanted to understand the essence of a healing environment so she spent six months investigating InspireHealth, an integrated cancer care centre, one of the most successful centers in Vancouver. It is well funded and led with heart but some limitations were observed. Among them were issues related to communication and the partnership between practitioners. Then I spent time helping to defeat Bill C51, a bill that intended to kill natural health products.

Continuing my journey to support healers who struggle for survival as the population learns to converge science and spirituality I launched the Beautiful Minds Wellness Centre, a holistic, integrated clinic that supports Acupuncture, Chinese medicine, registered massage therapy and reflexology. I work as a counsellor but often I am helping clients get through their difficulties for free. Many times I feel like a case manager who helps clients make decisions about their treatments and help bridge the gap between Western and Chinese medicine.

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I find it hard to be a business owner who practices spirituality and healing, since the confrontation against materialism in human nature is unavoidable. I know I chose this path so that I could equip myself with the wisdom and skills to better serve the world. I feel that the Beautiful Minds Society needs to move forward but it needs pledges from more people than myself and my associates. We need a plan and support from the healing community to make this real.

If you are ready to be involved in creating a new reality and want to use your beautiful mind to help us see how beautiful the world is please check out these two websites www.crish.org and www.beautifulminds.co and then contact me.

The Apothecary's Secret

by Cherylnne J. Sweet

Apothecary is a historical name for one who prepares and dispenses herbal medicines. In addition to these responsibilities, the Apothecary also offers general medical advice and a wide range of other services including Midwifery. The first Apothecary shops were founded during the Middle Ages in Baghdad, around the 11th century, but of course that was from the Western perspective, the Chinese Herbalists had been dispensing and healing with herbal medicines for thousands of years prior to this.

Master Herbalist, Colleen Nicklassen, has been practicing Traditional Herbalism for over twenty years; combining Eastern and Western philosophies to treat the cause of disease / illness. "In treating the cause, we get to the root of the problem and bring the entire body back into its natural state of balance, physically, emotionally, mentally, and spiritually, by encouraging the body to heal itself."

Colleen holds a Chartered, as well as, a Master's Degree in Herbalism, and has owned and operated her own health store in Oliver, BC, for 18 years, along with her clinical private practice doing custom blended herbal formulas to treat a client's specific condition. During this time, Colleen has noticed that the nutritional supplements sold off the shelf are limited in their healing capabilities due to the generalization of the formulas.

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I have been working as a Clinical Herbal Practitioner for over 20 years. In Traditional Herbalism, we treat the cause of disease / illness. Symptoms are just the warning signs that the body is under stress and out of balance. By treating the cause we get to the root of the problem, physically, emotionally, mentally, and spiritually.

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People are getting tired of taking so many capsules as our bodies can only absorb about 25% of capsulated minerals and vitamins. Now that Health Canada has full control over the supplement industry, and the natural products must be of "pharmaceutical grade," questions have been raised about how "natural" these natural products really are, especially when we see some of the "energy" drinks receiving their NPN numbers, and the manufacturers being able to re-label MSG as a "natural flavor."

Raw herbs, on the other hand, are synergistically compatible with our living system. Taken as a tea or a tonic, the medicinal properties of these herbs are absorbed 100%. Herbalists use the leaves, flowers, bark, berries, roots, and seeds of medicinal plants as their therapeutic tools. By definition, an herb is any plant that has a medicinal action in the body, and this includes most fruits and vegetables. In fact, herbs act very much like foods, and many common foods are used for their medicinal action: carrots are good for skin and urinary problems; oats are a great tonic for the nervous system; garlic fights infection, regulates blood pressure and cholesterol; and blueberries combat free radicals (toxins), strengthen blood vessels and prevent urinary tract infections.

Plants absorb vital nutrients from the soil and then process and store them, providing raw materials which are close in chemical composition to those that make up the human body, and therefore are easily digested and assimilated. Their vitamins, minerals and trace elements are vital for health and recovery, while other medicinal substances they contain, such as tannins, volatile oils, phenols, and saponins have affinities with particular tissues and systems, and act more specifically to promote homeostasis and healing.

The Herbalist recognizes that behind the physical manifestations is the existence of a subtle energy. It is known throughout the world by different names: Life Force, Vital Force, Chi, Qi, or Prana. This living force controls all levels of existence: physical, emotional, mental, and spiritual. Through this we have an inherent ability to regulate the function of the body and heal ourselves.

Every person's body type is unique, and every herbal formula must be formulated to bring the body back into balance and optimum health. After the initial consultation, Colleen will spend several days formulating, preparing, and processing the specific tonic, some are a water infusion (tea), while others are an alcohol extraction. The alcohol extraction is far more potent.

Many of us need to experience the full brunt of major disease before we will accept the need for change. As we get older our metabolism slows down, so the toxins we ingest cannot be expelled quite as quickly. The Herbalist intimately understands the Whole Body, feeling the pulse of our existence, and uses the healing properties of the plants that God gave us. That is the Apothecary's Secret.

Human Perspective Evolving

by Gwen Randall-Young

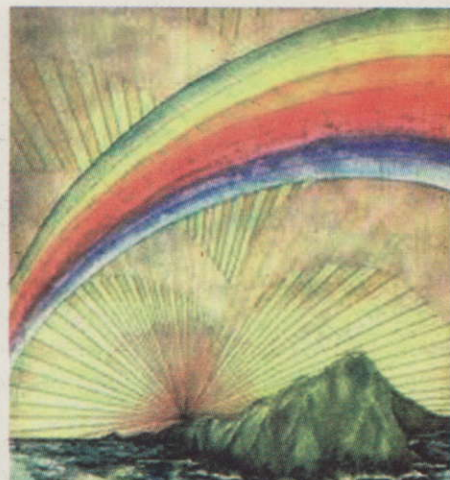
As a psychologist and author, I frequently find myself reflecting upon the human condition. While doing this recently, I became aware of an ironic "catch-22" which seems ubiquitous in our species. Each individual is unique—millions have gone before us, and millions will follow, yet there will never be nor has there ever been or will ever be another just like us.

At the same time, it seems that most of the tension existing between individuals or groups is based on the belief that others should be more like us. What a formula for monumental frustration! Think of it. What an excellent simulation—an exercise one might find at a corporate retreat on learning to work together and create harmony. Build a planet and populate it with a human species in which no two will ever be the same. Then build in a mind set that has high tolerance for similarities, and a low tolerance for differences.

Imagine a lab experiment where you put dogs, cats and mice all in the same cage. Of course there will be chaos and bloodshed, and the biggest and strongest will be in control. So here we are in the earthly 'cage,' so often judging others because they are not like us, struggling for power and control, not doing all that much better than the animals in the experiment.

We see this between parents and children—where the parents want the children to be more like them, and vice versa. In adult family relationships, there is often a black sheep who is unaccepted. It happens in the workplace when an individual is 'different,' even though job performance is satisfactory—and of course it happens in communities and on the world stage. There is all the nipping, barking and clawing that we would find if we put different animal species together. However, allegedly, we have higher intelligence than dogs and cats. Surely we can find another way. Perhaps a different perspective is all we need.

How different it would be if we had a reverence for all others. Every single person contains a spark of the Divine. Anything less that we see in them is the sum total of our judgment or interpretation of them. It is those judgments and interpretations that create separation, without them we would be aware of our oneness and feel connected to others. We would work together easily and naturally to solve problems.



It is important to realize that how we define others is nothing more than our definition. How we label an individual or group is a statement about us, not about them. Unfortunately, when we find consensus—others who label the same way we have—we mistakenly assume the label is truth or fact. This can have disastrous consequences, though consensus may blind us to the fact that our *interpretation* is what is causing the problem. It takes a big step back to really see this, and most often people are so enmeshed in their own interpretation that they cannot see it. Locked into a 'one-interpretation' mode, it is natural to assume, of course, that it is right.

We need to let go of the assumption that our way is right, or better. We are each only one of millions and millions. How could it be that the creator imbued one of us, or one culture, one country, one religion, one tribe—with all of the right answers—and everyone else with the wrong ones? No matter how 'right' we think we are, the impossibility of it being that simple in such a complex world, should give us pause.

It is really not about being right, is it? The human experiment is about how well we can get along and understand each other. As long as 'we are right and they are wrong,' we are still in the cage. When we get that, and when we shift our perception to one of inclusion, only then will we have taken our next evolutionary step.

Gwen Randall-Young is a psychotherapist in private practice. See ad to left

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Early detection — then what?

by Dr. Ursula

Why is there so much emphasis on early detection of cancer? I added Regulation Thermography to my box of tools after I discovered that my breast was in a cancerous terrain. It does put my mind at ease knowing that all is better, but what if the results show it is not?

Early detection can lead to two paradigms: one is more spiritual, empowering and life-enhancing, and the other is more materialistic, fearful and life-threatening. First, ask yourself, "Will this information empower me or give my power to others? Will this information make me feel more at ease or more fearful?" If you find a lump in your breast and it causes extreme anxiety because your mother had breast cancer, you must act quickly to alleviate the fear. Fear actually accentuates the problem and adds a layer of emotional illness. Luckily, homeopathy can treat this.

Next you must choose either a conventional or holistic treatment approach. If you choose the conventional disease-oriented approach, then you would contact your doctor and she would order a mammogram. If she found anything suspicious, the next step would be an ultrasound. If the ultrasound found anything suspicious, the next step would usually be a biopsy. If the biopsy was even slightly suspicious, the next step would be surgery. After surgery and depending on the situation, chemotherapy, radiation and possible long-term medication like Tamoxifen may be implemented.

This is not an indictment of doctors. Most doctors, like

my brother, are doing their utmost best to serve the needs of their patients. I interned at my brother's clinic when I was studying for my medical exams and saw how dedicated he and his colleagues were. However, they are part of a system that rigidly controls their choices of treatment.

People need to be aware that many of the procedures are a threat to life. How? First, the mammogram delivers not only radiation but also traumatic pressure to the breast tissue. Second, ultrasound creates a negative energetic imprint. Third, a biopsy punctures the protective lining around the cyst/tumor. Fourth, surgery is invasive and mastectomies/lumpectomies all necessitate the use of anaesthesia and painkillers. These procedures all reduce the vital force in the body. Painful lingering side-effects of surgery may take years to resolve, if ever and this may necessitate more pharmaceutical use.

Did you know that chemotherapy is so toxic that recent research indicates that many oncologists would never use it on their family members? Radiation has long-term negative implications for thyroid and ovaries. The drug Tamoxifen has so many side-effects (bone and pelvic pains, nausea, difficulty breathing, coughing up blood, endometrial cancer, stroke, cataracts...the list has 60+ symptoms). What good is treatment that destroys the quality of life by energetically imbalancing the patient and weakening the spirit?

In the book *Over Diagnosed: Making People Sick in the Pursuit of Health*, Dr. Gilbert Welch M.D. lists the dangers of being caught in the web of breast cancer over-diagnosis. First, this ever-present anxiety leads to earlier and more frequent testing. You might start having mammograms in your early 30's instead of at 50. This poses a greater risk because of the sensitivity of pre-menopausal breasts to radiation. Even more extreme are women who have mastectomies as a preventative measure!

Now let's look at the alternative paradigm of early detection using the tools of Regulation Thermography and German New Medicine. I would be able to help you see what is happening in your breasts without any invasive elements: no pain, no pressure, no radiation. However, the fear can still be there if you are not made to understand that cancer is not a disease. That is why I added the German New Medical interpretation to my thermography consult to make early detection into a life-enhancing and self-empowering experience, one without fear. Understanding why cancer occurs in your life is vital for healing to occur. It is a biological program with a spiritual component. Cutting off the breast does not make the problem go away.

As for safe treatment options, I offer homeopathic remedies that are very effective in treating breast cancer as they treat the emotional component, the shock involved and the toxicological elements in the patient's time-line. I prefer to give cancer support in collaboration with other alternative practitioners like naturopaths, chiropractors, psychotherapists and spiritual healers.

So remember—be aware of your motives for seeking early detection and what your choices are. There are a variety of treatment options that are empowering. Educating yourself early in life is the best insurance I know.



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May 5 - 19
Permaculture Design
 Sarah Orlowski

May 14 - 18
Bio-fuel Systems
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May 21 - 23
OPENING THE SEASON
 Spring Work/Party - FREE

May 25 - 1
Mini-Cabin Project
 Don Lee and crew

June 1 - 3
Reiki Gathering
 Chelsea Van Koughnett

June 2 - 30
Building with Stone
 Generosa Panazella

June 2 - 7
Buddhist Retreat
 Don McEachern

June 9 - 11 or 14
Creative Mandalas
 Ted Wallace

June 10 - 17
The Winter Greenhouse
 Don Lee and crew

June 17 - 21
Solar Power Systems
 Bob Watters

June 21
SUMMER SOLSTICE
 a FREE event

June 22 - 24
Couples Path to Partnership
 Jon Scott

June 25 - 27
Welcome To Tantra
 Jon Scott

July 5 - 10
Yoga on the Wild Side
 Jennifer Steed

July 7 - 11
Methane Generation
 Bob Watters

July 14 - 20 or 26
Buddhism: A Path of Happiness and Love
 Robert Beatty and Don McEachern

July 29
Multi-Colour Fabric Dyeing
 Susan Lopatecki

August 3 - 6 or 8
Mutual Evolution
 Shayla Wright

August 11 - 16 or 18
Tai Chi Summer Camp
 Hajime Harold Naka
 Arnold Porter and Brian Knack

August 19 - 22
Manifestation
 Freya Secrest and Jeremy Berg

August 19 - 25
Intuitive Painting
 Ted Wallace

August 26 - 31
The Couple's Journey
 Susan McBride and Mark Cornfield

September 2
Seed Saving
 Patrick Steiner

September 7 - 9
The Divine Child Within
 Elisabeth Guentert

September 13 - 16
InnerQuest Breathwork
 Jon Scott

September 22 - 27
Tantra - Movement and Intimacy
 Satyama Lasby

Sept. 29 - Oct. 4
Eastern Based Yoga Retreat
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AUSTERITY MEASURES

by Michael Hollihn

With wi-fi microwaving DNA, with uranium and plutonium now circling the planet with half-lives into the 10's and 100's of thousands of years, with the realization that I trade the salmon's existence with every tool I plug into, I am now more motivated than ever to change my habits.

I breathe a deep abdominal breath, smile at the inward entanglements of my mind and let them dissolve. My daily meditation practice has confirmed that it is healthier to not attach with cravings or aversions. Remain equanimous and observe, without attachment to, the mental field that connects the mind to this body and earthly realm. To do otherwise is to ignore, (be ignorant of) the actual relationship.

The new era marked by the pivot of this coming solstice, is to observe the relationships, not the self, without attachment or desire to control the objects. Control will happen. There is a natural spontaneity, a flow, to the universe, which also means a flow to the day if you allow for it. Religion labels it as God, Science labels it as the infinite field of potentiality. Each day, each moment in this one verse of which we are all a part of, is a self-organizing field. As religion we would submit to this field, honor it, respect it. As science we now want control of it, to test it and alter it, bend it, to our every desire.

Remembering how to use our most basic tools of breath and mind will reveal the simplicity of this shift and transition away from the egoic control structures that corrupt both religion and science.

The shift is easier than the transition as the shift is happening by the very trajectory of our position in space and time through the solar system; our cosmology. The transition will be more challenging, as it is personal. It is relative to the amount of identification each individual has had with their egoic mind; their individual constructs of reality; their cultural habits and conditionings that try to control their environment without observing the relationship.

We are coming out of a dream and entering another one. The dream of ego, the dream of individual objects competing for position of power and discovery is now giving way to the dream of interdependent objects cooperating for relationships in harmony with the systems that sustain the herd; the group; the rhizome.

As Prana Timber Frames I wanted to add value to the wood that was coming from our forests while observing their pranic cycles. I wanted to create a stream of wood that came from a local, family operated woodlot where the forest was respected as a forest and encouraged to grow into old growth while thinning the low-grade out and preserving and maximizing diversity; uneven stand management. The forest would thrive and give us our building materials to marry with the local clay, stone and non-agricultural fibers; the 100 mile natural-home.

This is still largely the goal unless the forest or universe tells me otherwise. However, my inner journey over the past few years also teaches me that the learning and remembering must pay close attention to the relationships. In sequence this then means my relationship to my first tools and technologies; my breath, then my mind, then the flora in my stomach, then my hands and the tools and shelters that humbly sustain the family.

How can these relationships occur with the minimum of violence (ahimsa), impatience, ignorance, anger and greed and the maximum of harmony and peace; love and compassion?

Prana Food and Shelter farm is the evolution of Prana Timber Frames. It is the manifestation of this inner journey of learning and remembering; both for myself and all those apprenticing and interning here. This year will continue with the morning mental and physical exercises of meditation, yoga and qi gong; the design of a no-till, no-irrigation food system and the design of a natural home built from materials that come from the surface of the earth, within 100 miles, affordable to all classes of people. The first nations are right in saying 'all my relations.'

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Do It Yourself Solar

with Antony Chauvet



Westinghouse Solar and Zep Solar are two companies that have introduced new plug-and-play solar panel kits for do-it-yourselfers, which can be purchased off the shelf at Lowe's. These kits come with built-in AC inverters, brackets, roof flashings and panel splices, connecting easily to each other. With these solar panels on your home, you can supply some of your own power, and get the rest from the electric company. For those in the countryside, it would be great to have alternative on-site sources for at least some electrical demands when the commercial power's out, preferably not a gasoline generator that uses petroleum, contributes to global climate change, and is loud enough to be a public nuisance.

The price of solar panels has been coming down steadily over the past few years, as more companies get into producing the materials for them, and with China investing heavily to develop their domestic industry. There are incentives to help cover the cost of going solar in BC www.canadiansolartechnologies.ca/incentives-grants. Do a search on Google for "Edmonton solar rebates" or "Calgary solar rebates" for AB. Those rebates and incentives won't last long once the panels' price comes down.

Electricity costs for those who do not have a long-term contract have just doubled in AB. In BC, planned demand is higher than supply, so costs can only go up. A homesteader could see pay-back in ten years. If you have enough money (or credit) to install DIY

panels on your barn and outbuildings as well as your house, you could be a net energy producer.

Your own needs will of course come first. Check out your most recent electric bill. It will tell you how much you're paying per kWh for juice and give you a feel for how much electricity you use per month (round high). Your conservation efforts here will make a big difference in how much roof you'll have to donate to the generation project. It can take up to 64 panels to cover the 'average' homeowner's electrical needs, and given the size of these panels, you'd have to have several roofs or donate some land to the effort.

The 4-panel solar kit from Lowe's could be used to power a dedicated circuit in the house for a specific appliance – like, say, an energy efficient refrigerator or chest freezer – and a 12v battery charger. That way when the electricity goes out you could still maintain refrigeration and household lights, maybe your computer.

Solar is finally coming into range for the average property owner, even just as an assist to offset continual price hikes in fuels the utilities use for generating electricity. The more people who take advantage of on-site generation, the fewer new big plants – coal or hydro – the utilities have to build. Check the video demonstration of how easy it is now to install solar panels on your roof: www.zepsolar.com/demo.html.

Antony is building a network of people who work together to promote renewable energies, green building, ecology and sustainable business practices.

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Are You Ready to Play?

by Rev. Karen Coogan, B.Msc.

*"All the world's a stage, and all men and women merely players:
They have their exits and their entrances; and one man in his time plays many parts."*

~ William Shakespeare

I had a dream in which I was an actor in a play. I had agreed to this, thinking that I would have practice time and would learn my lines and know what was expected of me. When I arrived at the theatre, the play was beginning, and I was to perform my role without rehearsal. It was shocking! How could I possibly be an actor without knowing what my part was? Then I calmed down with the thought that I could get some direction and there was a little time to look over the script. Maybe I could do this. But when I looked for the script I couldn't find one. The first scene was an introduction and I just had to show up, say hi, smile a little and let everybody else play their part. Somehow I made it through, even though I had no real memory of what happened. Now we were about to start Act 2. I was worried, almost panicking, because I still had not read the script, did not know the characters, and this second scene involved detailed dialogue and interaction. I felt the internal struggle - I couldn't go on stage without any practice versus you'll know what to do. The questions - what are my lines, and what will the audience think? And the answers that came - just respond to the other actors and be natural, give it your best, and the audience does not matter. And then the show started, an actor entered opposite me, and I was drawn forward, walking out on the stage, bewildered and frightened, yet taking those steps into the unknown.

Then I awoke, with lingering feelings of being ill prepared and inadequate. While working through the fears, I was very aware of the metaphor for life that this dream was. We arrive on this earth scene without much awareness of what's going on. We interact with others, improvise, muddle along, and never really know what is coming next. Things happen and we make it through. Basically we are all enacting our own personal play, key word 'play'. So why do we make things difficult for ourselves by worrying about our performance or what we don't know? Why should we be looking for someone to direct us, or tell us what to do? We grow and learn and at some point we wake up to the realization of a greater consciousness at play. There is a director, but their direction is only to provide opportunities to experience what we, the individual, have outlined for ourselves before incarnation on earth. This means any search for direction will be fruitless unless we look for what is scripted from within. Why should this induce fear and trepidation, or fear of non-acceptance and rejection? We, as our own audience, are the only critic that matters and in the end it is our own self-judgements that create cycles of fear, worry and trauma.

As actors we play many parts - child, sibling, spouse,

parent, worker, boss, etc. Quite often these parts are being acted out simultaneously. It is all too easy to identify with any one role, but it is important to remember that we are all of them, and more. When we begin to look at things from a broader perspective - one beyond the pull of karma, taught beliefs and patterns, as well as beyond the allure of astral planes - into the universal awareness of all that is, everything becomes one big staging ground for experiencing. Here our worries and dramas are recognized as re-enactments through fear based conditioning. So, what happens when we disengage from our roles, detach from the things outside ourselves that serve only as distractions, to engage in what we are really on earth for? We begin to play in the moment, be engaged, responsive to spirit directing within, through and as us.

In essence, the entire world is a stage, and we really are playing a part; one that we discussed and scripted before we incarnated within it. We play many roles within a lifetime, and we frequently question, worry, and/or have fear around decision making and about the right actions to take. When we expand our consciousness to the bigger picture - this world as a stage for our experiencing ourselves as the creator being incarnate - why worry or be fearful? When we re-align to the incredible power of creating for the greatest good of all, we can then be responsive and fully creative in any situation. Whatever life presents, whether comedy, drama, or tragedy, we have the innate ability to see beyond our judgements and make empowering choices. Our job in life is not to find the perfect characters and scripts. Everything is already perfect! Our job is to remember who we are, and Play!

As we remember and play, we are more aware of our surroundings; of where we are; of those around us; and of the generations that have gone before. We gain trust in our endowments and faith that we have everything we need for this sojourn on earth. We begin to experience more joy in all that we do. Our understanding grows and we appreciate each moment as precious, for it happens just once in all our incarnations, never to be exactly duplicated again. We awaken to the beauty of all creation as we embrace this stage called life and let the divine spotlight shine upon us, as us. We allow ourselves the freedom to be all that we can be. All the world is a stage and we are the divine players. Are you ready to play?

Karen Coogan
will be presenting at the
Spring Festival of
Awareness April 27-29



The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

On a cool winter day hot tea or coffee with some muffins fresh out of the oven usually smells pretty good to me. I am giving you my favorite bran muffin recipe as well a simple blueberry muffin recipe. Speaking of muffin pans, at the Centre we never use teflon-coated pans. I encourage you to get the traditional metal muffin pans. If they are new they will need LOTS of oil brushed on and eventually they will 'season'. This means that they will develop a coating that preserves the pan and helps to release the muffins. Please do NOT SCRUB your pans with abrasive metal scrubbers, if you do you will always be wondering why your muffins are so hard to get out!

Enjoy! *Richard*



Bran Muffins

Ingredients:

- 1 cup Raisins
- 2 cups of Hot Water
- 3 Eggs
- 1 tsp. Pure Vanilla
- 1/2 cup Olive, Coconut or Sesame Oil
- 1 Tbs. Apple Cider Vinegar
- 1/2 cup Molasses
- 1-1/2 cups Bran
- 3/4 cup Sugar
- 2 1/2 cups Whole Wheat or Spelt Flour
- 1/4 cup Wheat Germ (optional)
- 1 tsp. Baking Powder
- 1/2 tsp. Baking Soda
- 1/2 tsp. Salt
- 1 Tbs. Cinnamon
- 1/2 cup chopped Walnuts (optional)

Directions: At least a half hour before you start to bake, soak the raisins in 2 cups of hot water. Beat the eggs thoroughly, add molasses and oil. Now add the water that you soaked the raisins in. If you are using an electric mixer put the sugar in with the Wet ingredients. If you are mixing by hand put the sugar in with the Dry ingredients. By hand, stir the raisins and bran into the wet mixture.

In a medium bowl whisk the dry ingredients together. Gently combine the egg mixture with the dry ingredients taking care not to over mix. The mixture should be runny enough to drop off a large spoon into the oiled muffin pans. If it is too thick add a bit more water or milk... if it is too watery add a bit more bran.

Bake at 350 for 30 - 35 minutes till they smell good and look brown on top and bottom. The muffins should be springy to touch and when a toothpick is inserted it should come out feeling dry, not gooey.

Makes about 24 muffins.

Utensils: • 1 small & 1 medium mixing bowl • Electric mixer (optional)
• whisk • silicone or rubber spatula • measuring spoons & cups
basting brush • 2 twelve cup muffin pans • small plastic bag.



Blueberry Muffins

Ingredients:

- 2 Eggs
- 1/3 cup Olive Oil (extra virgin, cold pressed preferred)
- 3/4 cup Milk
- 3/4 cup Sugar (Brown or Organic preferred)
- 1-3/4 Cups Whole Wheat or Spelt Flour
- 1/2 teaspoon Salt
- 2 teaspoons Baking Powder
- 2 teaspoons Nutmeg
- 1 cup of fresh or frozen Blueberries

Directions Preheat oven to 400 degrees F. Oil a twelve cup muffin pan. In a small bowl combine the oil, eggs and milk. If you are using an electric mixer put the sugar in with the Wet ingredients. If you are mixing by hand put the sugar in with the Dry ingredients. In the medium mixing bowl combine flour, nutmeg, salt and baking powder, with a whisk or fork. Gently combine the egg mixture with the dry ingredients taking care not to over mix. If you are using frozen blueberries, do not defrost them. Put 3 Tablespoons of flour in a small plastic bag, add the blueberries and shake to coat the berries. Pour the contents of the bag into your batter and gently mix. Fill muffin cups. Bake for 20 to 25 minutes in the preheated oven.

Makes about 12 muffins.

A Dragon's Tale



Once upon a time mankind shared in the awesome powers bestowed upon dragons by the Great Mother, Water God and Sun God until the Great Cosmic Event when their souls were shattered by the perception of separation from Source. Mind, body and spirit were

forced to adapt to the fractured existence of a three-dimensional world and all hell broke loose. The reverse perception of the human mind resulted in ego, chaos born from thoughts of an illusion of the destruction of unified love. The ego's insatiable appetite twisted perception until fear escalated into a murderous rage.

The human condition was catastrophic for the Dragons, whose lineage can be traced to the Creational Blueprint of Reality. Delicate systems short-circuited as they struggled with the onslaught of negative emotions. Exclusive strands in their DNA failed to protect them from the lower vibration and the collapse of their instinctual survival.

As mankind searched for the Memory of Divinity, desperation led to violent acts. Many dragons were captured and slaughtered, while others succumbing to torture, were forced to disclose ancient secrets. This warped force was unleashed for the purposes of war, destruction, famine and the rape of our planet. The Ancient Feminine warrior leapt, swinging her sword, her fire merged with the Sun God, igniting the vision of the Dragon Elders. The earth's waters, stirred by her breath, flowed with the Rhythm of the Ages until The Ancient Song rippled throughout the universe guiding the dragons into the safe haven of the Mother's uterus, deep within the Earth.

Upon their arrival, many waited in vain for loved ones who never did materialize. Their profound grief shook the core of the earth, whipping the winds of change into furious tornados and hurricanes. The earth flooded with their tears and the Sun refused to shine. Earthquakes caused gaps on the earth's surface forming mountains from the fissures of their broken hearts. So it remained, until their emotions were spent and Grace would shine her rays of hope in their hearts again.

The elders formulated a plan of action. It was decided that the male dragons would navigate the frontlines of the macrocosmic world to better understand the laws governing the minefield of their new environment. The females, whose numbers were alarmingly low, would remain at the safe haven to explore the microcosmic elements of their existence under the watchful eye of the protective elders. Thus they remained for centuries, as assessed by the Gregorian calendar. Reconnecting with their alchemic skills, clairaudience, clairsentience, clairvoyance and claircognizance, they became proficient at shifting energies through the study of pranic, tantric and kundalini knowledge. They were given access to the Light Library, and their infrequent forays into the outside world were educational field trips but occasionally they were seen ...so the legend continues.

Crystal Magic

Minerals and crystals have their own consciousness, a resonance or vibration as unique as our individual DNA. Crystals capture light to reflect back to us, that which is needed to gently push us along our journey. The vibration of gemstones applied to our bodies electromagnetic system transfers the crystal's vibrational frequency to help restore the natural balance that has been compromised or depleted in a person's energetic field, releasing blocks that impede potential.

By definition each mineral has its own crystalline structure composed of specific atoms and chemical bonds that are measurable when using spectrophotometers which translate the vibrations and rotational band frequencies. This has been used for centuries and has roots in Ancient Egypt. China and India have used the properties of crystals for healing purposes for over five thousand years.

Changes in temperature create an electrified state (static electricity) which create polarity in the crystal. Meaning that one end will repel while the other end attracts. Body temperature when holding or laying on of stones activates the principal of pyroelectricity. The re-absorption of these electrons creates piezoelectricity which is a form of light. This energetic exchange is dictated by both the atoms in the crystal and the person holding it, as well as how the crystal was formed. Positive and negative charges which are symmetrical within the crystal causes the connection to be electrically neutral. When stress is applied to the crystal the symmetry is slightly broken, creating voltage. Even a tiny crystal can generate lots of voltage.

Colette Stefan
will be presenting at the
Spring Festival of
Awareness April 27-29



The Art of Infinite Potential

by
Colette Stefan

Chinese New Year falls on the new moon of the first lunar month. On January 23, 2012 we move out of the Year of the Rabbit into the prosperous and fertile Year of the Dragon. Dragons represent potent and benevolent power as the ultimate ruler of all the elements, embodying primordial power as a catalyst for change and transformation, wisdom, infinity, longevity and movement through space. The fifteen-day observance of the Chinese New Year is the most important of these traditional holidays and is known as the *Spring Festival*. This year it is Water Dragon.

Water dragons are equipped to take a step back to re-evaluate a situation because they understand the art of patience and do not desire the spotlight like some of the other dragons, that represent fire, metal or wood. Water dragons make smart decisions because they are able to see eye to eye with people. It is critical that we adapt our way of living and eliminate out of date practices that hinder the brilliant future of our planet, our galaxy and the entire universe.

Research undertaken by Cosmologist/Inventor, Nassim Hamein has created a "Unified Field Theory." This information will unlock deep levels of understanding of our human existence through exploration of the geometric structure of the universe and human consciousness. The unified field is the space we occupy. No matter how big or small, all matter we observe is made of atoms and all atoms are of 99.99999% space.

Physicists use math to describe the universe and the nature of reality through the language of equations. We can improve our understanding of this premise when we truly understand the geometry of the vacuum and the dynamics of space-time within that structure.

This is a pivotal period in our evolution as we can come into coherency and harmony with nature instead of destroying our environment. As we learn to interact with it we will transform our society from scarcity consciousness to abundance consciousness. We are a reflection of the abundance of the self-sustaining nature of mother earth.

We really do live in a holographic and non-linear fractal-universal structure. The anxiety we feel, as humans, is a direct result of the 'stress' of living within the confines of a box within a closed system. Stress can be better defined as the misinterpretation and misrepresentation of the misinformation and our acceptance of living within that mistaken identity, as limited beings, imprisoned within a limited structure. There are no closed systems in nature. What appears to be an isolated system is actually connected to an infinite amount of information. Our society, as a whole, tends to look outside of ourselves for answers that are based on expansion rather than contraction. In our quest for excellence we are depleting our resources by expending more effort than necessary to reach our goals.

The Year of the Dragon is a perfect opportunity to break

out of the box in our search for creative solutions by going towards the center and using our intuition to find answers. We are invincible if we harness our collective power and command our energies toward the inevitability of a peaceful harmonious existence, through breakthroughs in enlightenment. Every individual who embraces their infinite potential and allows their light to shine contributes to a beneficial outcome for the whole. The year 2012 is ideal for discovering your true self, your true potential and your intuitive powers.

The Year of the Water Dragon occurs every sixty years and what serendipity that our committed publisher Angèle entered this world in the Year of the Water Dragon and continues to inspire us in this most auspicious year!



Colette Stefan

Cert. Yuen Method™ Practitioner/Instructor
Master of Crystology, Ra-Sheeba Master
Psychosomatic Body/Mind Practitioner
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- May 2:** 6:30-8 pm Penticton Trade Center, Penticton BC
- May 4:** 6:30-8 pm Royal Anne Hotel, Kelowna, BC
- May 11:** 6:30-8 pm Best Western Chateau, Vancouver BC

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- May 4:** 8-9:30 pm Royal Anne Hotel, Kelowna, BC
- May 11:** 8-9:30 pm Best Western Chateau, Vancouver, BC

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Just How Normal is Paranormal

by Moneca Litton

As a best selling author on business, paranormal indulgence was not high on my bucket list. What was it that cold January morning in 2001 when the hospital telephoned and said my father had just left his physical body and I should get to his bedside as quickly as possible. What took place a few hours later was (as I now understand) a normal paranormal experience. And what was to have been a normal—as much as seeing your father as a corpse can ever be deemed normal—time of saying “goodbye” became a life altering experience.

These little trips back and forth across the veil are called ADC's (after death communications) according to Bill and Judy Guggenheim co-authors of *Hello from Heaven* published by Bantam. They document how communicating with the dead is very normal, particularly following grief. For some, and I personally fall into this category, the experience opens a door to expanded consciousness that can be opened or closed at will. Since my initial encounter with my Dad's spirit that wintery morning I've met up with an interesting and holy array of spirits—human and animal, including my brother who died at birth before I was born!

According to the Concise Oxford Dictionary, paranormal means “lying outside the range of normal scientific investigations.” Well, so much for that. Here's another explanation. We can consider that paranormal falls outside the normal view of reality. But that's only because most of us are stuck in the 3rd dimension, grazing on the 4th, and flirting with the 5th. We in the West don't know very much about ultimate reality and pure consciousness, but once exposed to life-altering events, our sub-conscious seems to merge with our conscious self and bingo!—we've expanded what we perceive as real.

My deceased father's command to “Sit down,” as I was flip-flopping in and out of my body was very real to me that day and continues to be a decade later. What is perhaps different about my ADC is that it has continued for over a decade. As a writer I was very careful to write down word-for-word every conversation. Backed by my Dad's encouragement, “These words are not for you alone, but for humanity,” I knew they had to become a book.

So if you find yourself having a conversations with a deceased loved one, smelling the perfume they wore, having a distinct feeling that a dear one who has passed over is near, or numerous other “spooky” or surreal experiences, you are probably no more imagining it than your need to smack

your lips when tasting something yummy. Do these inter-ludes serve any purpose? Perhaps. What they can do for the deceased is to allow them to check up on us for as long as they need to monitor our coping with their passing. For us, it can provide a point of closure and reassurance that instead of having them “gone”, they are in fact “somewhere”—the other side, heaven, nirvana—whatever destination feels right and comfortable to you. In my case, Dad has provided me with powerful knowledge of the transition and life with Source. Additionally, he has clarified the current earth energy. “There will never again be the attitude of me and you. It will be one of us. The struggle will initiate the Light of Jesus into the world.” He also had talked about the upcoming Depression which will create four situations that will change the world for the better.

1. It will strengthen the brotherhood of man.
2. It will tear down walls of prejudice and apartheid and will resurrect cohesiveness amongst mankind.
3. It will sow the seeds for a new philosophy and belief system as to the global economy.
4. It will finally, and foremost, create a world of abundance because only with love and light can any planet function optimally in terms of love and respect for itself and all it encompasses.

Finally, after ten years on the other side Dad commented, “Here I am, and what I believe is that every soul has the right and the courage to come back time and time again for clarity and advancement, for blessings from the Light, and to re-register in the Book of Life.”

Perhaps if or when you experience an after death communication you trust yourself and your sense of reality. Both are from and of the Divine, both belong to the universe, and each will give you the peace and assurance that your experiences are normal—paranormal or not. I had wondered for several months after that initial connection, if I was delusional or just plain nuts. Now I know we are simply experiencing the gift of an expanded self. A decade after that initial encounter with Spirit and channeling my Dad's and other soul's words, it gives me great pleasure to talk with animals on the Other Side.

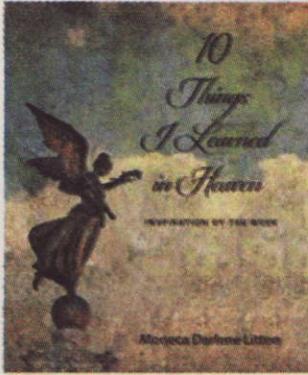
See her book review to the right
Monica will be presenting at the
Spring Festival of Awareness, April 27-29



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Book & CD Reviews by Angèle

10 Things I Learned in Heaven

Inspiration of the Week

by Moneca Litton

www.10ThingsILearnedInHeaven.com

A sweet, easy read that confirms what I know. It is good to hear it said in new ways, directly from the other side, then interpreted by Monica. I use books like this as messages from my angels. If I want an answer I focus on the book and maybe a crystal and my mind tells me what page to read, then I ponder it for the day. Every bathroom should have one.

Tastefully done on recycled paper, I love the fact that so many people are coming to realize the same thing... we, are all one.

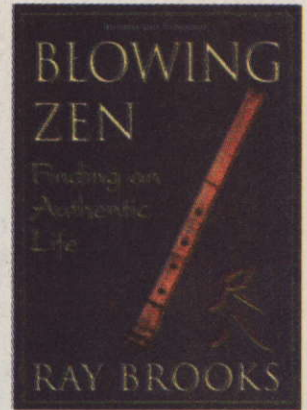
One of the books quote say *Be authentic with yourself...* Spirit indulges not in airs, pretense, or make-believe. It is grounded in self-acceptance. Moneca says it is a little book of hope for these topsy-turvy times channeled by her 'forever Dad, George.'

BLOWING ZEN

Finding an Authentic Life

by Ray Brooks

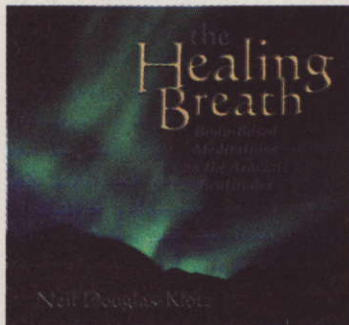
www.SentientPublications.com



I would never have chosen to read this book, except that I had read two other books by the distributor and I enjoyed them both. This time I learned how difficult it is to play a flute. Takes lots of motivating as Ray gains insights into his journey to selfhood.

In the beginning he describes himself as a clone of his societal upbringing but can feel the unhappiness at the core of his being. It takes a year or two to get clear with his feelings, and change the direction he is going, and meet the kind of lady that reflects his ideals. His reflections were authentic so I continued to read as he shared the cultural demise of the Japanese people, where they are even more driven than where he is from, England.

One of his early teachers, an old monk, calls him a Zen Tourist. Ray learns the dedication to his craft following some very old traditions, that are seldom taught any more. Another monk explains that some people use meditation as an escape from a too busy life. Reflection and assessment are needed so that will power can be activated. Ray's statement about discipline rang true for me... that discipline can't be motivated by success or failure because effort and hard work have their own reward and the results happen naturally.

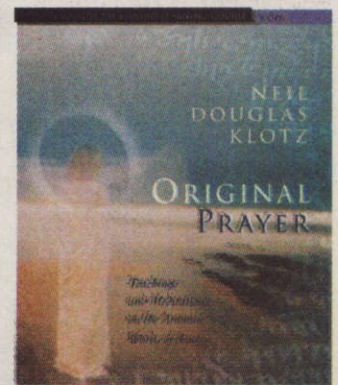
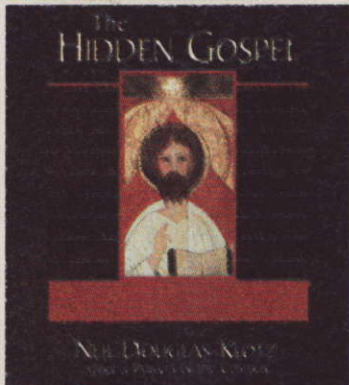


Neil Douglas-Klotz • www.SoundsTrue.ca

I get to listen to a lot of CDs when I do the distribution of Issues Magazine. I like having this time to hear new presenters and learn new ideas. About fifteen years ago I bought some cassette tapes titled *The Hidden Gospel*. I wanted to understand my brother better, for he is a re-born again Christian. I thought if I listened to what the Bible had to say it might help, well... it was not what I expected. Neil had studied Aramaic for many years, and he translated the words Jesus spoke without using the Bible's interpretation. He says that most people did not read 2,000 years ago so Jesus sang his wisdom to the multitudes so they could learn the lessons more easily. He translates the 12 beatitudes into English from Aramaic. My brother was not impressed but I sure was. Made sense to me.

Neil says when you sing or chant sounds you connect directly with the energy that created them. Neil calls them Body Prayers and says they remind ourselves of the awe and devotion for the Great Mystery, rather than a formula to follow.

The feeling is one of peace and is similar when I listen to Deva Premal, Krishna Das or Snatam Kaur chant. Over the years, I have noticed if I don't have new CDs to listen to I take Neil's and each time I hear something new and it becomes more magical.



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The Psychic Pilgrim

by Peter A. Morris

Psychic: *Of the soul or mind; of what appears to be outside the domain of physical law.*

Pilgrim: *Person who travels to sacred places as acts of devotion; person regarded as journeying to a future life.*



I saw my first 'ghost' or, more accurately, 'ghosts' when the bus on which I was travelling to school was destroyed by a German bomber. Thirty of my school mates were killed, leaving just two of us surviving. Obviously I was destined for teaching about life after death. I remember watching many coloured spirals rising from the wreckage and other coloured spirals descending to meet them, as they intertwined their colours became brilliant, until they rose out of sight. I remember a sense of peace and tranquility as I left the scene. I could hear voices telling me I would see more of this during my life on earth, and that I would be a teacher, telling this story many times. Three years later a gypsy fortune-teller gave me a similar message.

I have never read a book on the subject of Spirit. When I asked one of my Spirit Guides about this, she said, "You will get your knowledge from the source, not second-hand." This is how my life has been, there has never been any fear of not knowing what to say. I just 'tune-in' and the knowledge flows. It happened just that way when I met Angele. She was organizing spiritual get-togethers in the Okanagan and I had been attending the Festival of Awareness in Vernon for several years. Then the folks didn't invite me back so I asked Angele to find out why. When she called she was told they had no energy to continue. I replied, it was such a good event, we must find someone to organize it! Somehow I managed to talk her into taking it on. An event where like-minded people share what spirit has to say.

It never mattered what adventures I undertook; building boats, skipping them, delivering ships of all sizes around Europe, I was never far away from Spirit. There was this time I delivered a huge luxury yacht to Marseilles, France. When we docked I was surprised to see a very agitated Spirit standing close to my companion, trying to get his attention. I turned to the Spirit and asked if there was anything I could help? "You can see me?" he asked. "You must tell George his mother is dying!" I asked George if he knew anyone named Jean, and he told me that it was his brother who died three years before. Since the rest of the crew wanted to know what was going on, that led to meetings to talk about the Spirit in several venues around Marseilles. And yes, George's mother lived.

I have often thought that 'they' must have a team doing nothing else but setting up 'us psychic pilgrims', for just such meetings! My Spirit connections have always been easy —such as my first healing experience in the town of Peterborough, England. The group was led by an elegant lady called Elizabeth. I joined a group of people who had already gathered around a table on which a woman was lying. No words were spoken. I held my hands over the patient and drifted off into a deep meditative space. I don't know how long that lasted when suddenly I heard a loud shout and a woman say "What have you got in your hands?" The patient was sitting up and had grabbed my hands. She then shifted off the table explaining that she had felt this sharp jab in her back, and heard a noise like a firecracker. I was as surprised as she was, and I had no idea what was going on.

Then I heard Elizabeth chuckling, she said to the woman, "Have you noticed anything?" With a big grin on her face she said, "You are standing up!" The woman, I learned later, had arrived in a wheelchair. That was not only my introduction to spiritual healing, but to my membership in the National Federation of Spiritual Healers, a large organization based in the UK.

In was in that same casual way that I was introduced to direct voice channelling, and to my Spirit Guide, Big Eagle. As I was drifting into a deep, calm space, I was aware that things were shifting, and that I was in a deeper space than ever before. Then this voice came from inside me, speaking a strange language, which after a while changed to English as he introduced himself. Big Eagle was of the Iroquois nation and lived on Earth in the eighteen hundreds. In a previous life I had been a white soldier who killed him as his arrow killed me! He explained this was a continuation of our journey. He went on to explain his purpose was now to assist me in my spiritual growth so I could teach others, no matter where I may be. He then invited the group to ask him questions. A man stood up and started talking in a foreign tongue. My guide responded, and they had a conversation that no one else in the room understood. Then the man asked if he could speak to the audience, and introduced himself as a past Chief of a First Nation Tribe in Montana. He had conversed freely with Big Eagle in Iroquois and two other tongues.

Healing had become a big part of my spiritual work, perhaps the main part, as I formed a healing centre and organized the Vancouver Psychic Society in the early seventies. Eventually I was honored by University of British Columbia and made an honorary Professor of Metaphysics along with Professor Jenkins another spirit guide.

In this modern time, everything seems to move so much faster, or maybe it is me just moving more slowly. Slicker workshops, festivals going away from the Spirit of Life, or the Spirit of Death, which is after all an event that no one escapes. It is good to reflect on one's future, the one that comes at the end of our sojourn on Planet Earth. I have always reflected on this, while at the same time enjoying my adventures at sea and ashore, and I have found that my spiritual adventures have often been even more exciting than my earthly ones.

Peter will be presenting at the
Spring Festival of Awareness,
April 27-29



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