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

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

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Musing

with *Angèle*, the publisher



The spring of 1968 - the foundation
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The winter of 2012

The front cover features the original cabin that is under many layers of renovations and has become The Lodge at the Johnson's Landing Retreat Center. I am intrigued by the growth process, so I found a few old photos to share, they are to the left. The repeating features are the birch tree and the cinder block chimney. Each addition created space for a growing family, and now for volunteers and community members. The birch tree is frail and every three years we lose a few feet off the top as it continues to expand in width. The circumference is now 80 inches. I am told that birch trees rarely grow this large. The essence of a birch tree symbolizes a fresh start so I am glad to have one growing so close. Although the birch does appear fragile, it is in fact, extremely hardy. This teaches us that in apparent weakness there is often found great strength. Birch trees wants us to care for others in ways that help them flourish of their own accord.

Last summer, Tad Melbin, the builder of the original cabin, drove in from California. We were thrilled to have the opportunity to ask questions about the history of the property. He said he paid \$50 an acre for the land in 1960 and spent several summers building the cabin. In 1972 he moved back to California where he now lives on ten acres, off grid, in the mountains.

When he returned home, Ted mailed us many photographs and he can be seen in the top photo. Listening to him reminded me of the American Dream – people buying a few acres of land, building themselves a home and living a simple life, perhaps even off the grid. My birth family did it, and I would guess there are similar stories in your families as the West became settled.

continues on page 6

STEPS ALONG THE PATH



If you remember back to your early childhood you probably had a teddy bear as a good friend. Teddy bears usually had a friendly connotation; you could cuddle with them when you were tired. You could drag them around the house by an ear and they never complained, they were always there for you. Eventually as you got older they were tossed into the closet and forgotten about. Then when you got even older you're told bears can be dangerous! It can be very confusing, should we snuggle with them or run away from them?

Back in 1999, during the first season of the Retreat Centre, I was in the Lodge when someone spotted a bear outside in one of our cherry trees. I did not wish to miss out such a great picture taking opportunity, so I got my video camera and headed for the cherry tree! I stood under the tree filming the bear as he bit the cherries off each branch. The filming was coming along great... until the bear noticed my presence at the bottom of the tree. The next thing you see on the video is the bear looking down at me and hissing and starting to climb down the tree! And then you see on the video, scenes of the grass moving very rapidly as I am running away from the tree with the camera still on. And finally as I gets on to the back deck of the Lodge you see the bear casually wandering off into the woods. I am pretty sure that both the bear and I learned something that day.

Fast forward to the Fall of 2011

At the Retreat Centre we have three kitchens, one of them being the outside summer kitchen. It is outside the main kitchen and keeps the heat out of the lodge during the hotter summer days. When we grind our organic wheat into flour, we do it in the outside kitchen, as the high speed grinder tends to make a lot of floor dust. After each use, we clean it and store it in a sealed plastic bin. Our wheat berries are also stored in a large food grade sealed container under the kitchen counter. It had been awhile since we ground flour, when I was walking in the woods to the West of the kitchen and what should I find laying in the woods... one of our grain containers with the top ripped off and teeth marks in the side! I did not need to be a Sherlock Holmes to figure out it was a passing black bear that dined on the wheat berries. When I came back to the Lodge with the destroyed grain bin I checked out the back kitchen to see if anything else had gone for a walk into the woods, and sure enough, the grain grinder was also missing! When Angele heard that she headed off into the woods to see if she could find it. After an hour of wandering around she returned empty handed. More time passed, then in January I was taking a short-cut through the woods behind the Retreat Centre when I came across a broken plastic bin and our missing grain grinder! This discovery solved a mystery that had been unsolved since the fall.

I like bears, we do not consciously feed them or encourage their presence here. Most years we seldom see one; if they stop at all it might be to eat some cherries from our trees. We have designated the Retreat Centre a 'wildfire Sanctuary'. There is enough space around here for all creatures to co-exist... including us humans. May we always have the wisdom to realize that what we might call 'wild animals' have been living around us way before people ever ventured into these lands. Let us appreciate and respect all the various species that we share the planet with. And remember some are cuddly and some are not.

Namaste
Richard

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for EMPOWERMENT
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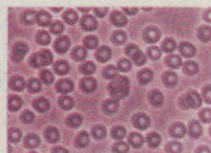
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— Barb M.

Musing continued from page 4

Much as I love being home in the tall trees and watching the ever-changing patterns in the clouds above the lake, it is good for me to travel to the cities and see how the rest of the world lives. I enjoy the quiet time travelling in my van, listening to educational CD's and connecting with store owners. Please let them know you appreciate the space for *Issues*.

Then come the freeways and navigating busy city streets, which is not easy for me. You cannot guess how many times I have screamed in frustration because following directions is so difficult for me. Crying releases the pent-up frustration that rises in my gut because I feel so helpless. Eventually, I pat myself on the back for taking on the challenge and surviving the experience. Richard jokes at how amazed he is that I find my way home since he knows I can get lost in a parking lot. I once read an article that said when you feel really frustrated, it means our brain is busy creating new cells so it can help solve our problem. Works for me!

Vancouver took some getting used to as did driving in towns like Revelstoke or Golden. Antony, who writes a column about sustainable living, is my navigator in Calgary. I got to study the city maps last time I was there, waiting for my radiator to be replaced. Not sure the effort is worth the time.

These days I feel split because there is so much to do gardening, building, cooking, hosting people, plus keeping on top of all the paper/computer work that comes with owning a business. I do make time for the two festivals each year and love the trade shows. I like being a networker, linking up folks who want to get out of 'normal' society with options that allow them to explore wellness and a variety of other alternatives, as they educate and empower themselves.

For the past year, I have been trying to figure out what needs to change so that I don't go into overwhelm. I have moved past my sixtieth birthday and now want less busyness on the computer. *Issues* and many other magazines have websites that are available electronically 24/7. I am thinking of switching over to that process, at least partially. The online version has been working perfectly for the past four years so I am hoping to connect with someone who likes computers and would put together three electronic editions, that would alternate with the printed ones. I would still produce and print three editions, including of course, the Spring Festival of Awareness and the Wise Women's Festival in the fall. I am planning to start this process in February, next year.

Then I can have the best of all worlds, some travel, some networking, some time on the computer, and time to create community and garden. If you are interested in creating the three electronic versions of *Issues* I would like to hear from you and any ideas you might have. I would also love to receive feedback from *Issues* readers and advertisers.

Please check out the 2012 program for Johnson's Landing Retreat Center, www.JohnsonsLandingRetreat.bc.ca. If you can find the time, it is good to attend a workshop, as investing in ourselves will help change the world.



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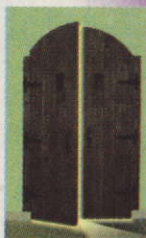
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Cancer is Curable!

by Kai Lehrke

It is now almost a year ago, I remember looking at my wife, her belly distended, her cheeks fallen in and a greenish light around her. Our small kids were sleeping and I had the thought "It might soon be a one man show!" She never went to a doctor as she refused to be diagnosed. Judging by her symptoms and my experience looking after people with colon cancer in Indonesia, I would dare to say, that there was a high likelihood, that she had something of her self (cancer) attacking her from the inside.

I had been a volunteer in Bali for one and a half years as a homeopath and energy healer. I had two main categories of clients; motor accident victims and terminal cancer patients. My success was amazing with the accident victims, but cancer almost took the wind out of my sails. No matter how hard I tried with diet, wheatgrass, noni juice, homeopathy, energy healing and so on, comfort was all I could provide to my advanced cancer patients. I looked at cancer as my biggest challenge, I was ready to give up, until the love of my life started to look like one of my cancer patients. Again we tried it all, raw food, sprout juices, thousands of dollars on supplements, the whole nine yards... buying time, yes. Cure? No!

I started to think about the meaning of an autoimmune disease. Something within our own body attacking itself. To me all diseases have a mental / spiritual origin. It is the self that calls time out, our own body turns on us, or did we turn on ourselves first? I noticed all my cancer friends had one thing in common. Somewhere, often very early in childhood, they chose to attack themselves in their minds. Often unfavorable parents were the trigger, but somewhere along the line the child made a decision, like "I am not good enough!" "Life is not worth living!" or "Everything is hopeless!" These thoughts are like suicides, they create a split in ones existence. One can live a tragic life and survive, but the day that person decides "Life sucks!", life is truly over.

In my wife's case I was getting desperate. We started with sound healing and shamanic breath work, journeying back in time to where it all started. These powerful sessions brought her back to times of her life where she felt unseen and abandoned. She felt split-in-two; on one hand she was this beautiful 36-year-old woman, on the other hand she was a little child, lost and hopeless. In order to heal this split, she needed to be present with her inner child, acknowledging all the sorrow and choosing to protect and nurture it, allowing it to grow safe and feel loved. Over the course of a few weeks I witnessed a good sized lump in her colon go away.

As we worked through the emotions, she remembered the bright child she used to be, and her choice when she decided that, "Life is hopeless!, I am abandoned!,



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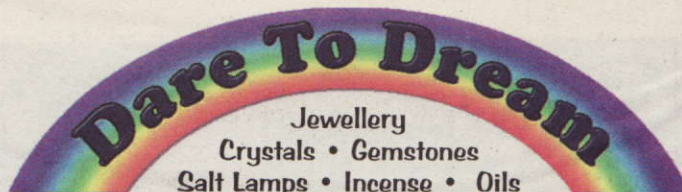
I am ruined!" Once she realized her body was only complying with her emotional reality and was starting to self-destruct because of her thoughts, she called a meeting with her various selves and asked them to stop the destruction. She was ready to claim her choice to live for her own sake. This built up of stress on a cellular level was exhausting her until she returned to her childhood, comforted the little girl (herself) and vowed that nothing was worth dying for. She cut all the leftover ties, which kept her perpetually dying and worked on a new relationship with herself using unconditional love! I give her lots of credit for she is courageous and took her work seriously.

I see cancer as our body's emergency measure, calling us back home, asking us for a new start. The moment you die, all your pains and ills are over. You are the only hero in your book. Death is a most efficient healer. You can either fight the disease with artificial means, which kills cancer cells, but you are still in the same position, and your body will find a new way to show you the lesson. Your challenge will be to decide that you want to live, fully alive, and what that change is, that will make you 'feel' fully alive.

Am I writing to say I have the answer? Am I saying that you should quit your chemo and do only inner work? No, for sure not! But seeing my wife, heal so fast by doing her inner work, gave me new hope. I do believe cancer is curable, just don't wait too long or grow too weak before doing your work. So many good teachings and teachers are available to help these days.

Kai lives in Nelson, BC, and will be presenting at the Spring Festival of Awareness at Naramata. He offers a variety of workshops, sound healing and shamanic journeys. He combines a combination of breath work and live-sound-healings using didgeridoos, gong, singing bowls and other healing instruments. He has traveled the world offering his talents and is open to invitations to different communities. In his work he brings people back in time so they may heal themselves.

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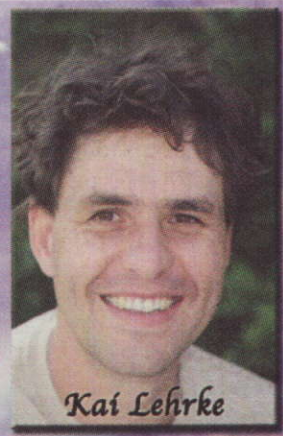
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The Spiral of Life - Journey of Spring

by Serah Shakti Soleil

*We are part of the ongoing spiral of life, as the moon,
the tides and the seasons change, so do we!*

There's an ancient clock ticking within each of us. It's the rhythm of the seasons, the moon and the tides, the clock of the Spiral of Life. Even though we are often unaware of it because we focus on the hours and minutes of each day, our lives are deeply influenced by this ancient clock.

The energy of spring holds huge potential and offers us many growing opportunities. Just like nature, we too can feel the happy energy of new possibilities. Those who desire change or motivation in their lives, will find spring to be a powerful time of growth. Not only are we given the chance to shed all that we no longer need, it is also the perfect time to choose to be reborn. Same as we bless the seeds in the garden, we can bless our own seeds. We don't need to know how the rosebush grows, we just know that it does. It is the same with us, though we might not yet see how these changes will come to pass, we just need to set the intention and trust. Just like the unaware seed already holding all the potential of the beautiful plant, we too, though unaware hold all the potential of our destiny. In this season of creation, our longings for growth and rejuvenation are supported by the universe. Returning to the seed of our pure essence we become as unlimited as our imagination.

This past winter has been especially hard for many of us. With the energies of our world getting stronger; the energies of frustration and longing within ourselves become more demanding. Inside we are screaming for fulfillment, knowing that it is time to take on our highest mission. Stripped bare and humbled, we are ready to move forward. It can feel like dying, and letting go can be scary.

That is when the Goddess looks at the universe and sees exactly what she needs. This is her operational field, no body, no memories, she reshapes herself into the right medicine to change and heal. There is only going forward. We are the clay she moulds, already programmed to fulfill our purpose, an embryo beginning a new spiral of life.

In springtime we journey to the East, like a baby, full of hopes and new life. We are filled with beauty and potential, but like the rosebud we are still stuck inside our own petals. As we approach summer we enter the initiation, the growing up phase. The energy builds, our aches and pains increase, our ambitions grow bigger. We feel dissatisfied, anxious about our achievements, and intolerant of stagnation. Spring time is for restructuring. The seeds have started to grow and uncurling our petals can feel uncomfortable as we become aware of how cramped we've been.

We have entered adolescence, it's time to kick ourselves free! It can be exhausting trying to function, especially if we don't know where or how to find our support. We are scared to admit just how toxic we've become; emotionally, physically and spiritually. We are supposed to be beautiful, but what if we don't feel beautiful? We feel that there must be more to life. The pain and the stories start to feel oppressive.

Then the Goddess sings, "Give me your troubles, and all of your past, I'll lift them to the light and you can fly at last. You've been so courageous, but now you can let go, your healing opens up the skies for the light to grow."

The goddess tells us it's all okay; the pain, the fear, the anger and the ugliness. we can feel it all, and let it all out, we don't need to be scared. The more courageous we are, the deeper we scoop, the more we heal and raise the frequencies of the earth.

"Shine through me bright Sun Goddess, I offer it to you now, my basket is full, I am ready to let go, and be filled once more with your light."



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When we identify with all the stories we've been carrying, letting go can feel really scary. If I think, I am this exhausted mess of a human, I will be too scared to let go, because I think that this mess is me; "No! I will die!" I scream. The truth is, we finally become alive. The closer we come to blossoming, and get glimpses of being truly alive, the more frustrating the moments become when we once again identify with the heaviness of our stories. And yet we don't have to force it, summer comes ready or not.

At the Summer Solstice the energies of the earth are at their highest. There's so much universal support, there's so much light pouring in. We are the rose blossoming in full glory. Finally we can see out on a beautiful world we have so much to give to.

The Spiral of Life rituals explore all aspects of our existence, from life, death, rebirth and beyond. Aligning ourselves with the forces of nature, through chants, dance and visualizations we are connected, cleansed, and expanded, till we embody the Goddess, holding all of life within ourselves. I had been offering these Transformational Journeys for many years, prior to finding myself with Cancer. I now face the challenge to really use the tools I had been teaching, to go on the journey of transformation myself. I can now gratefully say with all certainty this ancient Goddess Tradition offers the tools for self mastery. With them and the healings I received, I was able to recreate myself, face my own death and conquer it. Blessed be!

Serah also collaborates with her Soul Mate, Sound Healer, and Clairvoyant Healer, Kai, on the Equinox and Solstice ceremonies, offering workshops and transformation healings. Find her at the www.Spiral-Of-Life.com and her partner Kai on page 9.

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Food for Thought

by Marion Desborough



Vitamin D

There's overwhelming evidence that vitamin D is a key player in your overall health. It is not just a vitamin, but a neuroregulatory steroidal hormone that influences nearly 3,000 different genes in your body. Receptors that respond to the vitamin have been found in almost every type of human cell, from your brain to your bones. It produces over 200 antimicrobial peptides, the most important being cathelicidin, a naturally occurring broad-spectrum antibiotic. This is one explanation why it can be so effective against colds and influenza. Vitamin D deficiency has been linked to an astonishingly diverse array of common chronic diseases.

Did you know that there are two types of vitamin D? And.... they are not interchangeable. In fact, taking the wrong one could do you more harm than good. One type is Drisdol, a synthetic form of vitamin D2, this is made by irradiating fungus and plant matter and this is the type typically prescribed by doctors. It is not the type produced by your body in response to the sun or to those safe tanning beds.

A recent meta-analysis by the Cochrane Library databases looked at mortality rates for people who supplement their diets with vitamin D2 versus those who did it taking vitamin D3 (naturally produced by your body) and highlighted the significance between the two. 50 randomized controlled studies included a total of 94,000 participants showed a 6% reduction among those who used vitamin D3 (natural one), with a 2% relative risk increase for those who use vitamin D2 (synthetic form). Even the Vitamin D council was quoted as saying "You would think a paper that took a look at tens of thousands of subjects and analyzed the efficacy of prescription vitamin D (D2) and over-the-counter vitamin D (D3) would warrant a news story or two."

Latest research studies show that D3 is approximately 87 per cent more potent in raising and maintaining vitamin D concentrations and produces 2 to 3 fold greater storage of vitamin D than does D2. Regardless of which form you use, your body must convert it into a more active form, and vitamin D3 is converted 500 percent faster than vitamin D2. Vitamin D2 also has a shorter shelf life, and its metabolites bind poorly with proteins further hampering its effectiveness. You can obtain small amounts of vitamin D from your diet, in items such as fish i.e. salmon, mackerel, tuna and sardines, egg yolk and raw milk. If you use dairy milk, check your labels to make sure they fortify it with D2, and not D3, which many companies have switched over to using.

I urge everyone check out the latest data on vitamin D on the internet. Dr. Mercola has an excellent article, which I have quoted from but have not listed all the information. <http://articles.mercola.com>

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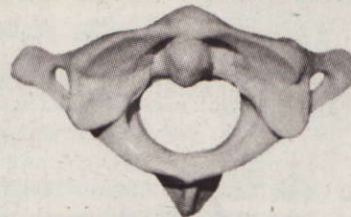
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The High Heart/ Extra-Terrestrial Connection

by Kerry Palframan

In 1997 when the movie *The Titanic* was released, I knew of the seven major chakra's but was not familiar with the eighth chakra or high heart. I was soon to learn that the movie *The Titanic* was a pivotal moment in our earth's history as this allowed for the opening of many peoples high heart chakra.

When I saw the movie something amazing happened. Not only did it open my eighth chakra (located over the thymus gland between the throat and breast bone) it also began to connect me with galactic beings or extra-terrestrial beings spontaneously so I could experience my friends and family in other dimensions.

I realized the necklace from the movie was a heart shaped, turquoise coloured necklace that rested right over the high heart and engaged viewers with a new emotion – a connection with the mass consciousness of others. Many cried as their own high hearts opened and connected with, not only the humanity of this world, but of the other worlds.

The sweet pain of their love was so intense that I cried for three days. The love was beyond anything of my human experience – a different, deeper and broader type of love. I did not want to stop feeling this intense love and I simply wanted to "go home," When the high heart opens and you connect to all of humanity and the realms of the unseen, you too will be swept away in a tide of high emotions; it is sweet and it is painful at the same time.

The high heart has been opening and closing on humans since the mid to late 1940's. It is now pretty much integrated in people born after those years and is fully integrated in all those born after 1990.

If you can remember back to 1997 and 1998 when the movie *The Titanic* was playing, see if you can remember what you felt like while watching the movie. Likely your high heart fluttered open for a moment and you felt some new experience, some new emotion.

Creator reaches It's Hand through mainstream media in an effort to help us evolve and expand our awareness. So be more mindful of commercials, movies, books, news and internet and witness how the Creator brings us messages to move forward in our lives with consciousness and awareness. Always benevolent, kind and gentle it opens our eyes and our lives to what is beyond our conscious awareness.

Right now, mass media is bringing us news of more and more extra-terrestrial and UFO contact. It slowly seeps into our culture, just as chakras, Reiki and alternative medicine has over the years. You will feel more supported and loved when you begin to witness Creator's hand, weaving its magic, in all things at all times.

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



What is Worship?

by Sri Harold Klemp

What is the meaning of worship? I see it as anything that brings Soul closer to God. True worship brings Soul closer to God on its own merits and never at the expense of someone else. You cannot bring yourself closer to God by hating others, even if you believe your anger is righteous. The relationship between Soul—which is you—and God is one of love. Where there is pure, absolute love, there is no room for anger of any kind. You can tell if a person practices true worship by how he treats others throughout the week. People are very good on their holy days, but the test of true worship is how they act the other six days of the week. For me, the test of true worship is whether or not a person has charity. By that I mean goodwill toward others.

What is important in this life is your relationship with God, and how you worship God truly. As you do this, it will show up in your daily life, whether it's your traditional holy day or not. In the years I have been the spiritual leader of Eckankar, I have tried to show the members of ECK what is true prayer and what is not. True prayer lets things be. It shows trust that God has done things right. It says, "God, you're doing a good job. Everything's OK." Wrong prayer is the kind that tries to change things, especially how other people behave. It also implies that God has fallen down on the job. No matter what religion


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you practice, it is important that you learn to listen. This is prayer in the true sense.

True prayer is the art of listening to God. Just open your heart and listen to God. In ECK, one way to open the heart is to sing HU. HU, this ancient name for God, is a love song to God. You can sing it. And in singing it or holding it in your mind during times of need, it becomes a prayer. It becomes a prayer of the highest sort. It becomes a nondirected prayer, which means that we're willing to let the Holy Spirit take care of the affairs in our life according to the divine plan instead of our personal plan. If people would trust their hearts and know that if they love God and open their heart—if they love God through loving their neighbor—they will find that God brings help and protection to them in ways that most people don't know.

Students of ECK have many stories of protection and healing. They are learning the future in their dreams. This is because they have been able to open their hearts to God's love. The way to do that is to sing HU to yourself. Sing it as HU-U-U-U (like the word hue) in one long sound, in one long breath. You just sing this very quietly to yourself or inwardly. You may see the Light of God; it can be a blue light, a white light, a yellow light, or a green light. You can see it many different ways. Or you may hear the sound of tinkling bells, a flute, a full orchestra, or something as simple as a sigh. But you will be filled with love. Sing HU, and this may help you open your heart to God's love. Then you will find the miracles happening in your life too. These techniques are not meant to suggest that a Christian can't chant HU or an Eckist can't think of Jesus or anyone else. You do whatever your heart tells you to do. You are an individual, there is just one of you. You have your own understanding of God, and you are on your own path to God.

The ECK Worship Service is to help people find out what they can do to improve their relationship with God. If we can help in any way, we are more than willing to be of service.

Sri Harold Klemp is the Mahanta, the Living ECK Master and spiritual leader of Eckankar. Reprinted with permission of ECKANKAR.

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with Marion Desborough

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They also have a wide array of sprays, lotions, soaps and a soy stick that I found effective in keeping my lips soft and supple. Soy is a renewable and biodegradable resource. They are doing whatever they can to help to use less resources of our precious planet. Each little bit helps.

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by Wayne Still



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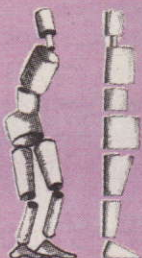
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Last November I made a trip to Eugene Oregon to take part in another of Jeffery Burch's workshops. The focus of the workshop was how we could use the body's envelope, the skin, and the spacers, the bones, to effect the changes we want to make in the body's overall structure. The importance of these two elements of the structure of the body is perhaps best summed up in the commonly used expression that a person or animal is nothing but skin and bones. What this signifies is that when most of the tissue creating the body's mass is gone what remains are the skin and bones. Bones stiffen the body and provide points of attachment for the muscles that move them while the skin creates an envelope to hold the whole thing together at the same time as it is a protective barrier.

We are all quite familiar with skin, our own and that of others so there is not much mystery about its appearance. And probably a lot of people know that it is the largest and heaviest organ of the body. We usually think of organs as being those mysterious things inside the abdominal cavity which perform the functions needed to nourish and regulate our bodily functions. The skin, in addition to being an impermeable barrier between our insides and the world around us, plays an important role in maintaining our organism at its optimum operating temperature. It does this through sweating to cool the body by evaporation. The nerve endings with which it is richly endowed signal when the body needs to get more blood to a given area to warm it. From a therapeutic point of view, the skin is the entry point to what lays beneath it, and may need attention.

In Structural Integration work much of what we do is to find and release adhesions occurring in the connective tissue matrix which makes up most of the body. There are many fascial pathways through the matrix, some of which have endings at the level of the skin's surface. Where a restriction has such a connection the skin will not move quite as easily as in the surrounding area. In the workshop we learned a technique called unwinding to loosen the skin and thereby release the deeper restriction. Very little pressure is used to create a deep effect.

Bones are the next best known structural element in the body after the skin but because they are hidden we tend to know less about their appearance and function. The bones we see in the butcher shop are dead and do not look like living or "green" bones. Besides serving as spacers in the body, bones are highly vascularized factories producing red and white blood cells. What is less well known is that bones are actually quite flexible and that they are constantly flexing in response to our movements. The skeleton acts as a shock absorber for the body so as we are walking the leg bones are flexing to absorb the shock of our foot falls. As they do this micro fractures occur which the body has to repair. So our bony structures are constantly in a state of repair. It is estimated that 40% of our daily caloric intake goes to the maintenance of our bony skeleton. In a therapeutic sense we can use the bones flexibility to help release the restrictions which restrict our range of motion and cause discomfort. Yes, we can deliberately bend bones!! Not like a pretzel, but by using soft hands so the bone doesn't feel threatened we can flex a long bone enough to release a restriction occurring in or around it. What I am constantly learning in Structural Integration work are the many ways to achieve its goals.



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Reinventing Health Care in Canada

by Duncan Goheen

What do Moneyball, Wikipedia, Facebook, PatientsLikeMe.com and Dr. David Agus have in common? Paradigm shifts birthed out of necessity, using new technologies, and the public's readiness for change.

Dr. Agus, author of *The End of Illness* a professor of medicine and engineering at the University of Southern California is a high-profile oncologist. Dr. Agus says the reason that Western medicine has dropped the ball on cancer treatment is because of wrong thinking, their approaches are destined to fail. He says a paradigm shift in medicine is essential if any meaningful progress is going to be made in cancer treatment, as well as all degenerative illness. Our focus needs to shift to outcomes and the whole person with a primary emphasis on prevention. This view is shared by PatientsLikeMe.com. I'll be writing a blog on each of the references I've made above as they have something valuable to teach us about social change and important insights for people interested in and dedicated to evolving our healthcare programs.

Wikipedia has demonstrated the tremendous power of collaborative effort. Facebook has demonstrated the power of an idea whose time has come with the technology to go with it. Collectively we have enough solid experience, intelligence and wisdom to reinvent health care in our country. And we have the technology which enables the collaborative effort of all stakeholders to make this a reality.

I am launching a platform and interactive process designed to facilitate reinvention of our healthcare system. We need the help of everyone reading this who is interested in this initiative. The process and platform will be a hybrid of Wikipedia, Facebook and PatientsLikeMe.com. We will gather personal stories, or if you prefer the term case histories, and by building a large volume of cases we will build a knowledge base of what Dr. Agus calls 'Healthing' and 'Illnessing.' Healthing is what we do to be robust until our last breath. Illnessing is what we do to be sick. It must include the body, mind and spirit. Healthing and Illnessing are verbs not nouns.

We do not want opinions about what should or should not work or what we should or should not do to be healthy, rather we want case studies of lifestyles and interventions that work. Once we have case studies people can then draw their own conclusions. What we need help with now is... designing the processes and the platforms. Initially we need help in the following three areas.

- 1) Design and implementation of the process and platform.
- 2) Stories and case studies of people healthing.
 - A) including activities on all levels, to maintain good health and prevent illness.
 - B) effective steps taken to remedy or alleviate an issue, or if it did not work.
- 3) Interactive readers who wish to learn from the experience of others and contribute to the process of co-creating a vital body of collective intelligence and then reinventing our healthing system.

All cases will be available online – cases need not be identified by name publicly – although they must be identified to a collective group responsible for the assembly of information – to ensure that all cases are factual.

Our website is www.starthealthing.com - email: blog@starthealthing.com. We'll have a state of the art online communications system up and running soon - enabling face to face online video meetings. What we need most right now-- is you. Please add your energy, experience, creativity and passion to this evolution. Call Duncan Goheen at 250-491-1228 or email blog@starthealthing.com. Let's talk - and co-create the next step in healthcare evolution.

P.S. If you missed a five part series on CBC radio called *ReCivilization* – including a part on Healthcare – it's well worth the time. It's one of the best programs I've heard in a long time. If you email me, global@islandnet.com I'll send you a link, it's available online. I'll also be writing about the series.

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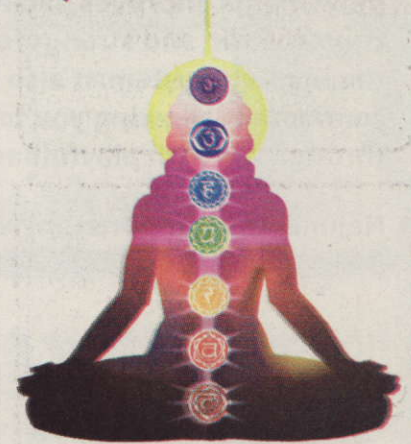
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REGULATION THERMOGRAPHY + YOUR LIVE-R



by Dr Ursula

Regulation Thermography has many capabilities including checking on the functional state of your liver. I was prompted to write this article because I have encountered more and more patients with liver issues.

Why is it important to know what your liver is doing? Because our modern world is full of toxins that the liver has to filter out. If the liver is weak, the poisons cause congestion. That causes a lack of vitality and since the liver stores blood and this blood will end up in the brain. The type of thoughts you think affect your blood and so, the state of your liver affects the state of your brain. In other words, if you want to LIVE well, you need to take care of your LIVER!

Regulation Thermography will detect if the liver is in crisis. This is extremely important as liver cancers are not known to manifest many symptoms until they have progressed to a later stage. Thermography detects imbalance at an early stage, when a patient has non-specific symptoms like fatigue, loss of appetite, itching, weakness, etc. To further understand the state of the liver, the thermogram gives a free radical count which indicates a patient's tendency towards the development of an autoimmune disease. This relates to whether the liver is able to produce enough enzymes to reduce cellular damage from the toxins.

There are a multitude of reasons for liver crisis, but the ones I see most often usually have a mental/emotional root cause and/or a physical toxic signature. I often use German New Medical principles to get a patient to understand what she/he needs to work on or let go of. Many patients have an "aha" moment when an issue gets revealed.

The second cause, it is important to know what toxins the patient has been exposed to. These can be environmental (pesticides in air and food, mercury...), pharmaceutical (antibiotics, anaesthesia, painkillers, cold medicines...) or occupational (formaldehyde, printer's ink, nail polish remover, hair dyes or skin products). Tylenol is the most common cause of acute liver failure. Drinking alcohol makes the liver even more susceptible to damage.

There are other drugs that may cause steatosis (fatty liver) which can be life threatening. Some of the most common are Methotrexate (used for rheumatoid arthritis, psoriasis, Crohn's), and Tamoxifen (for breast cancer patients). Homeopathic Toxicology is able to properly clear the toxic effects of all the aforementioned drugs.

Once again, Regulation Thermography shines in its capability to detect early functional imbalances before a tumor is formed. This is especially important for the liver, since often signs and symptoms become worse once the patient is in a critical state. Be aware of the types of thoughts and the types of toxins that are entering your liver. Remember, the LIVE-R greatly affects the quality of your LIFE!

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No Magic in Hypnotherapy

by Teya Graves MH CHT

Do you ever wonder why a part of you wants to do something like lose weight, feel motivated to work out, quit smoking, be less angry, learn better, play better hockey, etc while another part of you seems to always sabotage your own best intentions? The reason lies within your own subconscious mind. Unlike your conscious mind, your subconscious embraces your belief systems and controls your habits. For example, if you *consciously* want to be thin but your *subconscious* believes that it will be too difficult or painful, then your subconscious mind will sabotage your intentions without your conscious mind ever being aware that this is happening.

Subconscious thought is the root cause of most problems whether it is a fear, personal limitations, behaviour and even pain or disease. Mastering your subconscious mind is the easiest way to improve your life. Clinical Hypnotherapy is a fast and effective and enables YOU to take control quickly.

You may have heard the usual myths about hypnosis. Although similar principles apply, in a clinical therapeutic setting, hypnosis is a little different than stage or movie entertainment. It is not sleep or something that works for "weak" people. There is no swinging pendulums or swaying watches. It is a state of relaxation for your conscious mind while you experience heightened attention inwards, deep into your subconscious mind. You will remain aware and interactive for the session while using your intelligence, imagination and concentration to create lasting success.

Our thoughts create our feelings. Our feelings create our actions. Our actions create our results. Our subconscious is far more powerful than our conscious mind. When the subconscious believes "I will succeed," it is also true for the conscious mind. This is not true, the other way around.

A clear example of this conflict is when a person desires to lose weight, quit smoking or be better at sports, etc. but the subconscious mind says, "I can't do it, I like chocolate too much, I need ice cream to feel better" etc.

Your subconscious beliefs can change easily when it is under the direction of a trained Clinical Hypnotherapist. When your intelligent, subconscious mind *believes* that broccoli is better than chocolate or being fit is more fun than watching TV, then true change will happen, with ease.



Clinical Hypnotherapy is successfully used to treat the symptoms and emotional causes of disease and conditions as diverse as weight loss, bulimia, depression, sleep issues, family relations, smoking, fears and phobias, bedwetting, sports performance, snoring, anger management, pain management, migraines and study and concentration skills. It has successfully been used with surgery and dental work without anesthesia, and for pain-free childbirth without medication. Hypnotherapy can relieve struggle in so many areas of life. What would you like to teach to your subconscious mind?



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Embracing Struggle

by Gwen Randall-Young

While expecting my first child, I read everything I could find on natural childbirth. I took the classes, knew how to time contractions, learned the breathing, and packed the suitcase. I was confident and ready. I labored through the night, but it did not seem to be happening like in the books and films I had seen. I was only half awake, because it was the middle of the night, and I honestly believed that all of my preparation would prevent the experience of any pain. Unprepared for increasing 'strength' of the contractions, I agonized over whether to accept the pain medication that was offered. By the time I succumbed and agreed to take something, it was too late. The baby was coming. I recall afterwards feeling a strange sense of betrayal. In the fervor surrounding 'natural childbirth' at that time, the word 'pain' was never mentioned. I was angry that no one told me it would hurt! I felt I had somehow failed, and that is why it hurt. Of course, ultimately, it was bearable, or I would not have gone on to have two more children.

I see a similar phenomenon in our culture. It is common for people to feel betrayed when life experiences are painful. There is a sense either of victimization, unfortunate luck, or bad karma. Pain and suffering are deemed wrong: an aberration from the divine plan. Clients often ask me what they are doing wrong – assuming if they were 'doing it right,' everything would flow according to their desires. Pain in life is normal. Both Jesus and Buddha taught that sorrow and tribulation are part of the human condition. How much better it would be if, when birthing ourselves into this world (or giving birth) we knew unequivocally that while there might be pain and difficulty, we have within us all that we need to survive and thrive.

If we knew, at the very core of our being, that we could handle whatever comes our way, we would not spend so much time resisting what is, or trying to figure out why it is as it is. Imagine soul is taking ego for a walk in brand new territory. Soul knows the joys and sorrows of the journey. Soul knows life on Earth is a 'virtual reality' experience that is temporary, and from which learning and growth evolve. Ego, like the frustrated, impatient child, reacts to everything along the path.

It gets excited when the journey is fun and rewarding, but begins to complain when the going gets rough. Soul may wish ego would just relax and absorb the tremendous learning – that ego would trust that soul knew what it was doing in bringing ego here. Soul knows pain is not punishment, but a powerful teacher.

If we choose to go for the growth, we can allow the pain to teach us to soften our hearts. In accepting the pain, and truly grieving, we allow for letting go, forgiveness and healing. We also gain compassion for the suffering of others. Ultimately what is significant in life is not what happens, but who we become in relation to what happens. I imagine ego is like the young person in the tribe who goes out on the hunt, at first just tagging along. Over time, the young one learns from the elders, at first simply imitating, but eventually learning all of the skills. Life's experiences provide the opportunity to release the limited ways of ego. Little by little, the 'self' allows guidance to come more from the wisdom of the soul. Ego may still be triggered by difficulties as it moves along the path, but learns to listen to encouragement from soul, and to draw on the strength of soul. In time, with practice, ego expands its boundaries, and merges with soul. There is no longer a 'split,' and we are able to accept whatever life brings with grace, and the trust that no matter how confusing things might seem to us, there is a divine order operating. This does not mean all that happens is good – it means there is good learning to be taken from all that happens. There is no need to resist what challenges us, for it is in embracing the challenge that we find our strength.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit www.gwen.ca

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Health Care Spending

is crowding out education... by Cherlynn J. Sweet, B.Ed

In 2010, Canada spent \$192-billion on Health Care, consuming as much as 40% of provincial spending and crowding out other functions, such as education. A TD Bank report on slowing the growth of health-care costs made sensible recommendations to promote healthier lifestyles, expand information technology, and alter the way doctors and hospitals are paid.

With rising health care costs threatening to bankrupt our country, we now have the perfect opportunity to illustrate how the prevention of disease is a far better investment than concentrating all our efforts on the treatment of disease.

While the meaning of prevention may be perfectly clear to you and me, the pharmaceutical industry is promoting a radically different definition of prevention. You have heard this statement, "Screening and early detection saves lives."

Prevention to the pharmaceutical industry means getting an individual on drugs earlier to "prevent" the progression of a disease. It doesn't matter if the problem is real or not. The risk of cardiovascular disease is now being spotlighted, the pharmaceutical companies claiming it can be reduced by lowering blood pressure levels. Currently, the normal textbook blood pressure is 120/80 mmHg. But most people prob-

ably do not know that the definition of "normal" has changed throughout the years. At one time it was believed that the normal systolic blood pressure was 100 plus your age. And, in the 1970s, drug intervention wasn't recommended until pressures were over 165/95.

Prior to 2003, 140/90 was considered normal. In 2003, a new classification was made; now, a blood pressure of 120/80 is deemed normal and blood pressure readings of 130 to 139 systolic and / or 80 to 89 diastolic are considered "prehypertension." Readings of 140/90 are considered high blood pressure, and these individuals should be taking medication to lower it. When the last changes were made in 2003, millions of people suddenly found themselves in a higher risk category and in need of medical care and medication.

A similar event occurred in 1997 when the definition of diabetes was changed from a fasting blood sugar level of 140 milligrams per deciliter to 126 milligrams per deciliter. In Canada alone, 1.6 million people instantly became diabetics. And, a few years ago the "norm" for cholesterol went from 6 to 4 and now it is at 2. This figure is insane! All statins work primarily by blocking the enzyme in the liver that helps manufacture cholesterol. Unfortunately this is the same enzyme that the body uses to make CoEnzyme Q10, the most important antioxidant for the cardiovascular system.

If you consume high cholesterol foods, your cholesterol blood levels do go higher temporarily, but the liver then manufactures less and eventually the blood levels go lower. Eliminate cholesterol entirely from your diet and the liver starts manufacturing more of it. Why does the body go to such lengths to maintain cholesterol levels if it's something that is so horrible?

Cholesterol is a healing or repairing agent. The body makes more of it as a response to oxidant stress from numerous sources, such as the toxins found in tobacco smoke. Cholesterol is an integral part of the structure of every cell in the body. It is used by the body to manufacture testosterone, estrogen, progesterone, cortisol, and DHEA. Low levels of cholesterol can lead to deficiencies in these hormones, subsequently throwing our entire system out of balance. Low cholesterol levels can also lead to numerous digestive problems because the bile salts are made in the liver from cholesterol. The body also manufactures vitamin D from cholesterol.

It makes sense to start promoting healthier lifestyles. The prevention of disease is a far better investment than concentrating all our efforts on the treatment of disease. Herbalists treat the cause of the disease or illness, and by doing so, they get to the root of the problem, bringing the body back into its natural state of balance and optimum health: physically, emotionally, mentally, and spiritually. *see ad to left*

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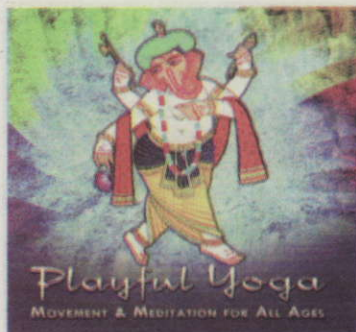
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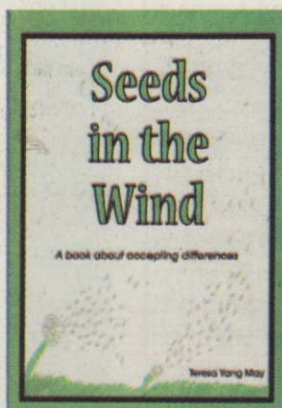
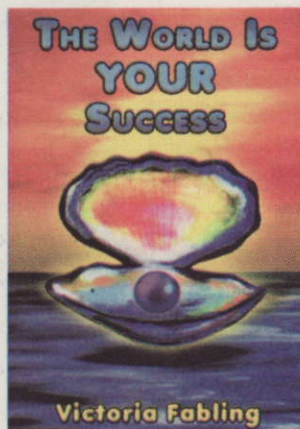
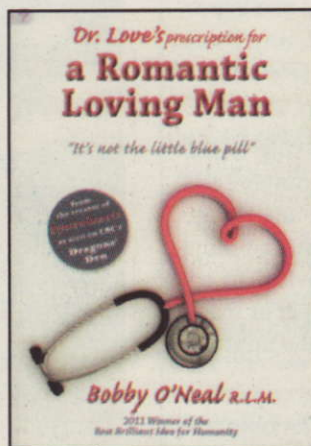
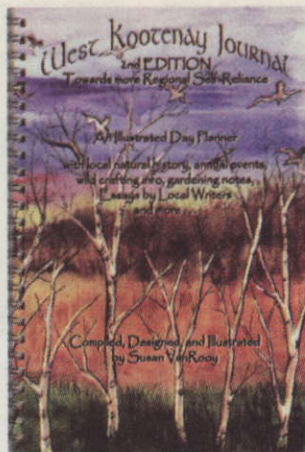
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Book Reviews

Susan VanRooy

lives in Johnson's Landing, BC and is a pen and ink artist with a consciousness about nature and where our food comes from.

This is her second edition of a yearly day planner which makes a great gift for people wanting to know more about the Kootenay's through the eyes of a keen observer of the cycles of the seasons.

250-366-0022

Bobby O'Neal

lives in the lower mainland and developed a game called SynchoHearts, a relationship game which is sold in many stores.

To promote the game and help with costs he got on Dragons' Den twice. In 2011 he won the Best Idea for Humanity Contest.

A great read for men but women will enjoy it as well. Job well done, Bobby!

www.synchohearts.com

Victoria Fabling

lives in Kelowna and says 'thoughts are powerful.' These are some of her quotes; Picture yourself as something precious and unique, a reflection of the universe. Believe you have good reason to be alive. Connection is a lost art so learn to relax, open your heart, and discipline your mind. This thirty page booklet has lots of inspirational advice.

www.fablingsfabling.com

Teresa Yang May

She is a school teacher living in Kelowna and co-founded My Fairy Godmothers Organization. Dedicated to helping everyone understand that racism hurts.

She tells her story of moving to Canada and what it felt when the children pulled on their eyes to make them look slanted while chanting rhymes.

www.artistwarrior.com

Biogas and sewage treatment



Antony Chauvet

Methane gas, a natural by-product of the sewage treatment process is produced when microorganisms feed on human and animal waste. At conventional wastewater treatment plants, the process takes place in tanks called anaerobic digesters. The goal is to render the solid wastes into an inert, non-smelly material for ease of disposal. In conventional treatment operations the general practice has been to simply burn off the methane. More recently, some treatment plants have installed equipment to capture the gas and use it as a power source, which significantly lowers the release of greenhouse emissions. One notable example is in Washington State, where new biogas equipment is being installed in combination with an efficiency overhaul, with the resulting savings enough to power about 210 homes annually.

A new biogas system was installed in San Antonio, Texas at the Dos Rios Water Recycling Center. Biogas captured at the facility is sold commercially through a nearby gas pipeline for an estimated \$200,000 annually, which will help manage the cost of the treatment facilities. Biogas is just one-third of the Dos Rios system. A second component is biosolids, which can be used as fertilizer. Third is the high quality water that comes out of modern sewage treatment plants, which in the case of Dos Rios is good enough to use for irrigating San Antonio's famous Riverwalk as well as recreation facilities, parks and commercial properties.

The utility company that provided the grant for the system is from Washington State. It is pushing for a significant trend toward reclaiming human and animal waste for renewable methane. Dairy farmers, for example, can use biogas equipment to lower utility costs, reduce waste disposal costs, and grow their business without running afoul of environmental protection regulations.

In addition to the waste recover potential, many sewage treatment plants are ideal sites for solar power installations because they have large parcels of land with no shade trees or sun blockage. Sewage treatment plants are all about managed flow, which could make them potential sites for small scale hydrokinetic turbines that capture energy from moving water.

Last year, lead researcher Kartik Chandran of Columbia Engineering reported that sewage treatment plants emit nitrous oxide at far greater volumes than previously thought. Nitrous oxide—not to be confused with harmless nitrogen gas is a greenhouse gas almost 300 times stronger than carbon dioxide. In terms of global

warming there is a strong incentive to upgrade sewage treatment plants to prevent release of nitrous oxide.

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The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

Here is our simple and very delicious Veggie Pate recipe. It can be served in slices as an entree with other dishes -or- if you keep it moist it can be spread on crackers. Some folks serve the pate and crackers with thin slices of sweet onion and Dijon mustard. To compliment your pate I have included our Cheddar Cheese Crackers. (This is your practice run for when I eventually give you our pie dough recipe). Both the crackers and the pate can be frozen for a later date if tightly sealed to keep the air out.

Bon Appetit *Richard*



Cheddar Cheese Crackers



Ingredients:

- 2 Cups of **Whole Grain Flour**
- 1 tsp **Baking Powder**
- 1 tsp. **Dried Basil**
(or 1 Tbs. chopped fresh Basil)
- 1 Tbs. chopped **Fresh Parsley**
(or 1 tsp. Dried parsley)
- ½ tsp of **Cayenne** -or- ½ tsp **Paprika**
- ¼ tsp finely ground **Salt**
- 1 tsp of organic **Sugar**
- 1 Cup aged **Cheddar Cheese** (grated)
- ¼ Cup of **Butter** (or ½ Cup of olive oil)
- 2 Tbs coarse **Celtic Salt** (optional)

Directions:

Preheat oven to 400 degrees F. In a medium sized bowl mix all of the dry ingredients with the whisk. Cut the butter into small cubes and add it to the dry ingredients. Use the pastry blender to mix in the butter in until the batter is crumbly. Mix in the grated Cheese with a fork -or- a stationary mixer with a dough blade.

Gradually add water, stop when the mixture is wet enough to stick together but not wet enough to stick to your hands or the rolling pin. Divide the dough in half and roll it out to about 1/8th of an inch on the parchment paper. If it gets too sticky as you are rolling it out, dust it very lightly with a bit of flour (use a wire mesh strainer or flour sifter). Slide the parchment paper, with the dough, onto the cookie sheets then cut to the desired sizes with the pizza cutter. Prick each cracker with a fork. If you wish, you can sprinkle 1 tablespoon of coarse salt on each tray of crackers. Be sure to press the salt into the crackers before they bake.

Put the trays on the top rack of your oven. Bake for 12 minutes then pull them out to see if the are getting brown on the edges. Remove the lightly brown ones then turn the trays around and put them back into the oven. Repeat this every three minutes until all the crackers are done. It is better to have them under done than over done!



Veggie Pate

Ingredients:

- 3 Cups of ground **Sunflower Seeds**
- 1 Cup **Nutritional Yeast** (not brewers)
- 1 Cup **Whole Grain Flour**
- 2-1/2 tsp. each dried **Sage, Basil, Thyme**,
use more if herbs are fresh
- 1 tsp. **Ground Cloves**
- 1/2 tsp. **Salt**
- 1/2 Cup **Olive Oil** -or- sesame oil
- 2 medium **Onions**
- 2 medium raw **Potato**
- 3 Tbs **Lemon Juice**
- 2-3 Cups **Warm Water** (or less)

Directions:

preheat oven to 350 degrees F. Grind the sunflower seeds in a clean coffee grinder. Add them to the mixing bowl with all the dry ingredients. Grate the potato and the onion to a mushy consistency and stir them into the bowl along with the lemon juice and olive oil.

Stir in just enough water to make the mixture very moist. Spoon the mixture into lightly oiled pans and bake for 45 minutes -or- until the center is brown and set. Let it cool before serving.

Utensils: • 1 medium mixing bowl • measuring spoons and cups • whisk
• 2 cookie sheets • rolling pin • pastry blender • spatula • fork • OPTIONAL ITEMS:
stationary mixer with dough hooks • parchment paper • pizza cutting wheel

Utensils: a clean coffee grinder • medium mixing bowl • measuring spoons and cups
• whisk • cutting board • sharp knife • spatula
• grater • 2 bread pans -or- a 9" pie plate



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Stop by and visit me at the
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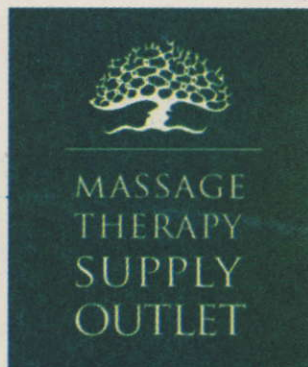
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