

An aerial view of the Purcell Mountains near Invermere, called Qat'muk. It is where the grizzly bears go to dance.

The Ktunaxa Nation have submitted an application for a Judicial Review of the Jumbo Resort approval.

ISSUES

for EMPOWERMENT
MAGAZINE • ESTABLISHED 1990

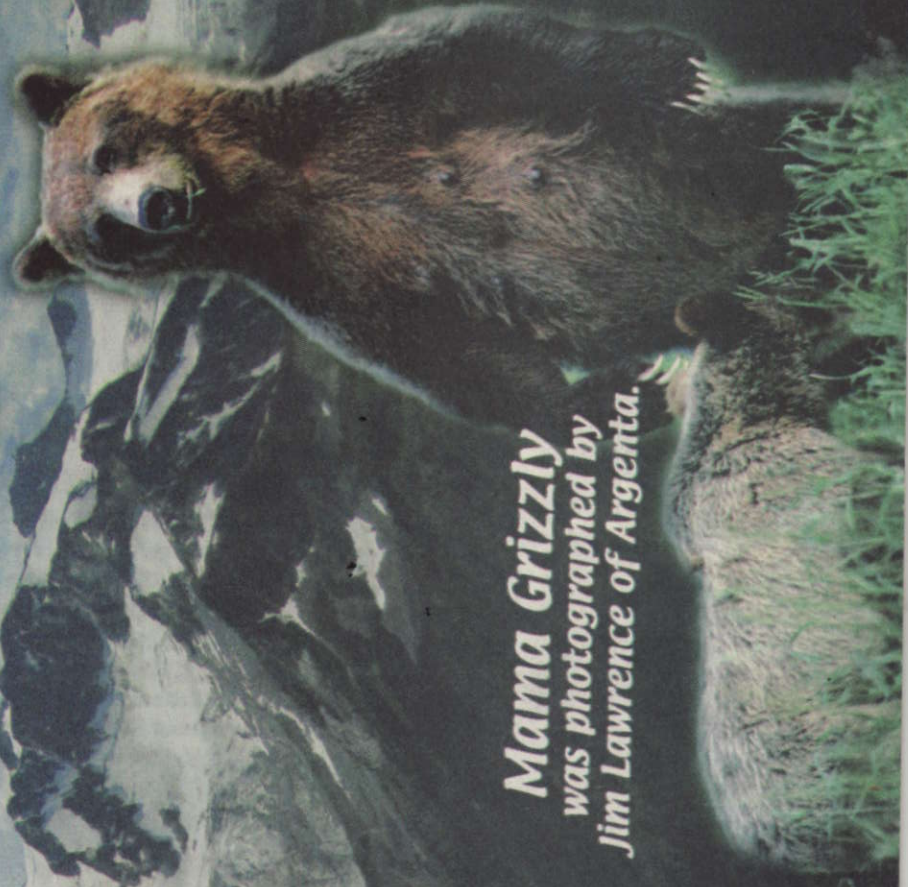
*Resources for Connecting,
Healing and Awakening*

FREE

take two and share

*Mama Grizzly
was photographed by
Jim Lawrence of Argentina.*

Sept. & Oct. 2012



The Body Soul & Spirit Expo

FALL 2012 EXPO TOUR

Holistic Wellness
New Thought
Consciousness



EXPLORE • EXPERIENCE • ENLIGHTEN

Come discover one of Canada's most unique events, the **Body Soul & Spirit Expo** – where communities come together to celebrate life and explore all the options for living a happier, healthier, more conscious and successful lifestyle. The event covers a myriad of topics from New Thought, New Consciousness, Ancient Wisdom, Green Living, Natural Healing, and much more. You'll discover natural alternatives and new way of living and being – this show is an opportunity to connect and network with thousands of people. **This show has something for everyone!**

Do You Have Something To Offer?

Exhibit, Present a Lecture or Workshop and network with thousands of people looking for what you offer! Join us and learn why many consider the **Body Soul & Spirit Expo**, Magazine and Website Canada's #1 Promotional Opportunity for holistic businesses and conscious entrepreneurs!

For more information see
www.BodySoulSpiritExpo.com
or call us to learn more.

EXHIBITOR
OPPORTUNITY
1-877-560-6830

SASKATOON SEPTEMBER 28-30

PrairieLand Park, Hall B

WEST COAST OCTOBER 12-14

Tradex - Trade Centre
Abbotsford

CALGARY OCTOBER 19-21

STAMPEDE PARK, BIG FOUR

EDMONTON November 2-4

MAYFIELD INN TRADE CENTRE

Show Hours:

Friday. 3-10
Saturday. 10-9
Sunday 11-6

FEATURING INSPIRATIONAL WORKSHOPS

by some of the World's INSPIRATIONAL and LIFE CHANGING authors, speakers and teachers.



LYNN ANDREWS
New York Best Selling
Author presents "Ancient
Wisdom for Modern
Times" Based on her
latest book.



DOUGLAS DELONG
Founder of the DeLong
Mystery School and
Author of Ancient
Teaches brings Ancient
Wisdom in our Daily Lives.



HANNELORE
Join Author of "Ignite Your
Sixth Senses: The Power of
Your Intuition"
demonstrates techniques to
awaken your intuitive abilities.



SHAERI RICHARDS
Author of "Dancing with
your Dragon: the Art of
Loving your Unlovable Self"
No need to slay your inner
dragon, just teach it to
dance.



PAPA WANGO & DJALY
Join us from Africa to raise
awareness of the need in their
village and share their
wisdom and traditions at this
year's event.

www.BodySoulSpiritExpo.com • 1-877-560-6830

• SPAS & WELLNESS • MEDITATION & SPIRITUAL GROWTH • PSYCHICS & ASTROLOGERS • INTUITIVE READERS • CHINESE

Fresh Nuts • New Crop Dried Fruit • Fine Confection • Gourmet Gifts



Best
of the
New Crop



THE AUTUMN HARVEST IS ON ITS WAY!

Pre-order at **WHOLESALE** prices
September 7 - 27

• We ship across Canada! •

From the farm to your community

Visit one of our
ANNUAL HARVEST EVENTS
in November
See website for locations and details



1-877-639-2767
www.ranchovignola.com

Unity in Diversity

The Way Ahead for Humanity

1.888.278.8272
www.TaraCanada.org/Iss5

Benjamin Creme's sixteenth book presents a new, hopeful vision that embraces a world at peace in harmony and unity, while each individual quality and approach is welcomed and needed. It is visionary, but is expressed with a cogent and compelling logic.

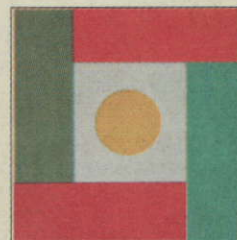
Unity in Diversity: The Way Ahead for Humanity concerns the future of every man, woman and child. It is about the future of the Earth itself. Humanity, Creme says, is at a crossroads and has a major decision to make: to go onwards and create a brilliant new civilisation in which all are free and social justice reigns, or continue as we are, divided and competing, and see the end of life on planet Earth.

Benjamin Creme, artist and author, has been lecturing worldwide for almost 40 years on the emergence into the everyday world of Maitreya, the World Teacher, and His group, the Masters of Wisdom. Creme's books have been translated into many languages, transforming the lives of millions.

Available from Amazon.ca
(Creme's books also available as e-books)

Unity in Diversity

The Way Ahead for Humanity



Benjamin Creme

ISSUES

for EMPOWERMENT
MAGAZINE

Established 1990

angele@issuesmagazine.net

www.issuesmagazine.net

☎ 250 366-0038

fax 250 366-4171

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

♥ Issues will be printed
with love 4 times a year
starting in 2013.

Proof reader • Christina Drummond

February, March & April

May, June & July

August, September & October

November, Dec. & January

Our mission is to provide inspiration
and networking opportunities
for the Conscious Community.
25,000 copies are distributed freely
in BC and Alberta.

**ISSUES welcomes personal stories
and non-promotional articles by
local writers. Advertisers and
contributors assume sole
responsibility and liability for the
accuracy of their claims.**

AD SIZES & RATES

COLOUR ONLY

Twelfth	\$100
Business card	\$150
Sixth	\$200
Quarter	\$275
Third	\$350
Half	\$450
Full	\$750

Discounted rates for repeat ads.

MARKETPLACE ADS \$80

NATURAL YELLOW PAGES

\$30 per line for a year

DEADLINE

for Nov. Dec. & January

starts **October 5**

Ads are accepted until the 15th
if space is available.

Musing

with *Angele*, the publisher



The front cover shows the magnificence of Jumbo Pass, which is part of the Purcell Mountains that our Retreat Center backs onto. How many of you know that the Ktunaxa Nation of the East Kootenays are claiming stewardship of this land? Recently they challenged the premier of BC, Christy Clark, with an application for a judicial review. I seldom listen to the radio, but I remember cringing as Clark told the CBC reporters that BC needs jobs so she rubber-stamped her approval. If you are as delighted as I am that the Ktunaxa are standing their ground, it would be good to support them financially and write letters of support. Please read the article on page 16 and check out their websites: www.ktunaxa.org or www.beforejumbo.com.

Nature has power beyond our comprehension and has proven once again that it is a force to be reckoned with. In just a few minutes on July 12, it released tons of soggy soil and deposited it back into the lake. I was on a distribution trip, listening to CBC. Every half hour, the announcer continued with updates. It seems to me that the media and government like to make 'big deals' out of minor incidents and 'tiny deals' out of things we really need to know about.

'WE, THE PEOPLE' need to question the motives of our leaders and get involved in the voting process, as we did with the HST and smart meters. Jumbo Pass needs to remain unpopulated so grizzly bears can traverse the mountains. Building a town so that rich people can ski the glaciers does not make economic sense. Neither does the Enbridge pipeline, which would cross lands prone to slides and the headwaters of three of our most productive salmon-bearing rivers. There are many websites, including the Vancouver Sun, Forest Ethics (www.forestethics.org) and the Living Oceans Society (www.livingoceans.org), that all have up-to-date details and show the proposed route. Make sure your voice is heard. The Internet makes it easy as we get to know each other's point of view.

Nature gives humans the opportunity to grow and change. It does not ensure the outcome, but it does provide us with the spur to evolve and become better organisms. In nature, "better" means growth; it is our human nature that thinks better means "more secure." Tragedy is often a leap in consciousness that in hindsight helps us to evolve as a group.

When China invaded Tibet in 1959, his Holiness the Dalai Lama fled from Chinese aggression into exile. In the tradition of Mahatma Gandhi and Martin Luther King Jr., he has become one of the world's great exponents of non-violence and was awarded the Nobel Peace Prize in 1989. Much to the dismay of the Chinese government, he is loved by many cultures around the world. His most famous quote is "The essence of all religions is love, compassion and tolerance. Kindness is my true religion. The clear proof of a person's love of God is if that person genuinely shows love to fellow human beings."

Facing the threat of religious and cultural extinction and the rising economic power of China, the Dalai Lama relinquished the goal of independence for Tibet in favour of genuine autonomy. This Middle Way initiative is an historic opportunity to peacefully resolve the Tibet issue. He needs international support to pressure the Chinese leadership into signing the resolution, and he would like to have it done while he is still alive.

continues on page 6

STEPS ALONG THE PATH

The Landslide



At 10:30 on the morning of July 12th an event took place in Johnson's Landing that changed the physical, mental and emotional structure of the community in thirty seconds! To begin with, I should explain that Johnson's Landing is a group of rural homes and a Retreat Center at the end of a road near the north-east end of Kootenay Lake in British Columbia. The population is roughly thirty-five and that number depends on what season it is. There is no post office, no stores, no gas station. The only things that give the impression of a public place is the little community meeting hall with its rural post boxes and the Retreat Center with its pay phone and dining services. And most folks are either retired or go out of the community to work.

On the morning of the landslide I was standing on the road outside the Retreat Center talking to my friend Gerry and a representative from the local hydro company. All of a sudden a loud rumble was heard up the mountain to the North. It sounded like a gigantic freight train coming down the hill. We could not see it from the road but the location was evident. We could hear trees snapping and boulders rumbling as the ground that we stood on shook from the magnitude of the moving earth. The whole event took less than thirty seconds.

When the slide ended the silence was total, even the birds and squirrels stopped their friendly chatter. Everyone and everything seemed stunned! We were unaware that four of our neighbours had been crushed and buried in the slide. Two homes were completely erased, not a board or shingle to be seen. Two more were knocked off of their foundation, spun around and mostly buried. Two of these homes were unoccupied at the time. Of the other two, one contained a father and his two daughters and the other a single woman.

In addition to the loss of life and buildings, we lost power, water and road access. Within thirty seconds of the slide ending Gerry and I jumped into my pickup truck and headed for the beach where we knew the home of some friends was in the path of the slide. The road was blocked part way down with a 15-foot wall of mud and debris, so we abandoned the truck and ran down the hillside to the lakeshore. Trees were floating everywhere, as the slide had dumped a part of the forest into the lake. Gerry and I got into his canoe and paddled around the huge debris pile to get to the north side of the slide where we scrambled up the bank from the beach and climbed onto what was left of our friends house. We called out their names and pounded on the roof to see if we would get a response. Fortunately both of our friends, were not at home that day.

It took half the day before helicopters started arriving to deliver Search and Rescue personnel and evacuate most of the residents. All four members of our staff chose to evacuate. By nightfall there were only about five of us left in the Landing as all the rescue staff were moved out each evening in helicopters. My friend Gerry, who lives on the north side of Gar Creek, and myself were among the few that chose to stay. It was a strange contrast between the total silence of the night and the sound of many helicopters coming and going all day long.

Fortunately for us the Retreat Center was totally untouched by the slide, we were protected by a large ridge along the south side of Gar Creek (which runs east to west). Life at the Retreat Center is back to normal... if there is ever such a thing as normal. From birth to death we experience things that affect our lives, some slightly and some profoundly. How we deal with them is really a matter of our own choice. All these experiences and all these choices are just another footstep along the path.

Namaste Richard

IN THIS **ISSUES**
for EMPOWERMENT
MAGAZINE • ESTABLISHED 1990

ARTICLES

Why Meditate

Lynne Gordon Mundel

8

The Natural Order Energy Flows within Family and Human Systems

Blanche Tanner

9

Ktunaxa nation press release

12

Journey from Depression

Karin Wilson

13

Vedic Astrology

Carole Davis

14

Astragalus Root

Carola Schleuss

22

The Food Project

Anim Steel

28

Dana: The Practice of Generosity

Robert Beatty

36

REGULAR FEATURES

Footsteps on the Path

Richard Ortega

5

Structural Integration

Wayne Still

26

Food for Thought

Marion Desborough

27

The Cook's Corner

Richard Ortega

30

Sustainable Living

Antony Chauvet

31

Book Reviews

34-35

Natural crystals, minerals, gems, and jewellery

www.thecrystalman.com



Hours

Thurs and Sat - 10am - 5pm
Friday - 2pm - 8pm
Rainy days in July and August

Or phone for an appointment
250.838.7686 or 250.549.8840

Directions

28 Novoting Road, Ashton Creek, Enderby
Go 10 km east of Enderby on Mabel Lake Road. At Ashton Creek General Store
angle left onto Rands Rd. In less than 1/2 km you will see our sign

The
Crystal Man
Gallery



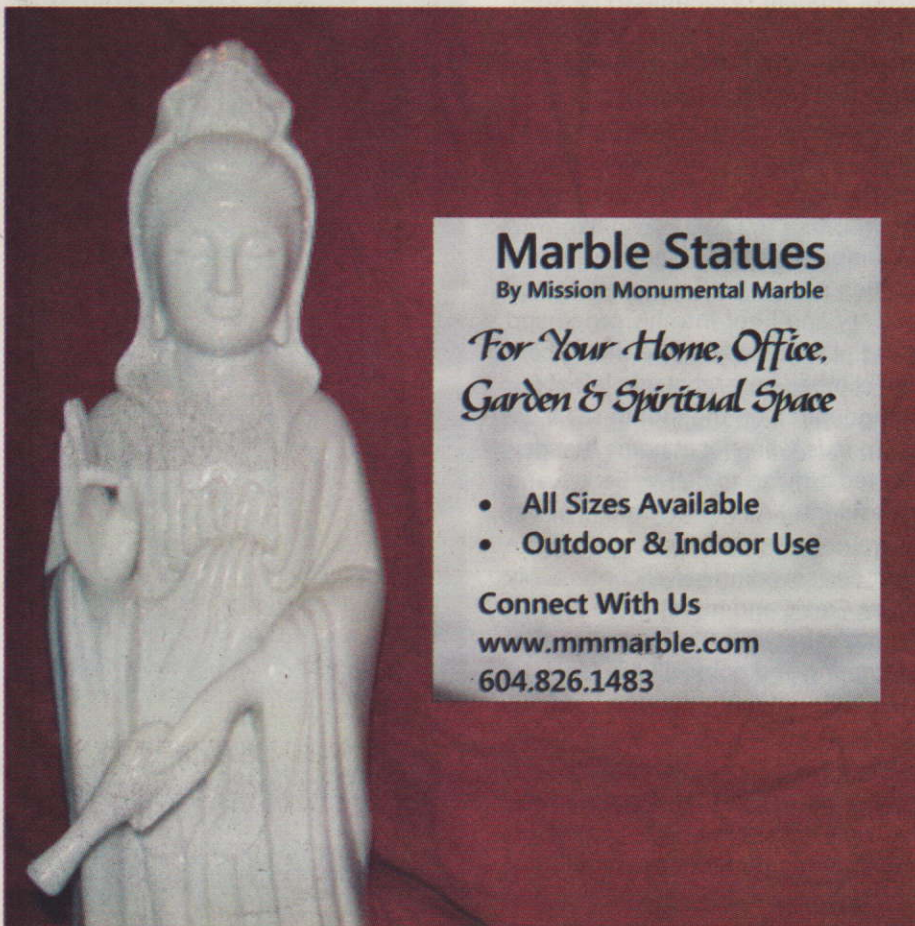
Musings continued

Did you know that thousands of Tibetans are still homeless, living in India in refugee camps instead of in their mountains? Recently in the news, monks have set themselves on fire in an attempt to get international attention to their plight. Canada has agreed to give Canadian visas to 1,000 refugees if we sponsor them, giving their culture a chance to survive. If you are interested in knowing more, I suggest you check www.Tibet.ca or Tibet.org.

If you want to increase your abundance, you could donate to this worthy cause as well. Tithing is so important, as it supports organizations that feed our souls. As the Bible says, we get back tenfold what we give out ... on so many levels.

On page 36, I have reprinted some wise words about dana, another form of giving that Robert Beatty has written about. He was about to start his annual twelve-day silent retreat when the slide happened. It was good it happened before they settled in and he was able to transfer his participants to the Yashodara Ashram, another delightful center for personal growth near us. Instead of cooking for his group, I got to meditate while hand-watering squash, potatoes and other plants and getting to know them better.

I have learned that each time one door closes, another one opens, with something even better in store than what was envisioned before. When I was a young quilter, I spent many hours working with the fabric before I realized I had miscalculated how much material was needed, and ended up with holes in the four corners of a large pattern. I decided to get creative rather than not finish the quilt. I found some matching fabric, cut out some hearts and sewed them over the holes. When I showed the quilt to friends, they commented that they really liked the hearts and hardly noticed the rest of the quilt that I had worked on for so many hours. This taught me a lesson that is deeply imbedded in my psyche, in my cooking, and in the guidance I get from my angels to, "Slow down and allow the creative process to flow through when



Marble Statues

By Mission Monumental Marble

*For Your Home, Office,
Garden & Spiritual Space*

- All Sizes Available
- Outdoor & Indoor Use

Connect With Us
www.mmmarble.com
604.826.1483

Lyn Inglis Spiritual Medium

*Private and Telephone
Readings, Workshops & Seminars*

www.lyninglis.com

Email: asklyn@lyninglis.com

250 837-5630 • Fax 250 837-5620



a mishap or change wants to happen."

Life is changing for many of us who live in the Landing. It is a chance to grow ourselves into something new, and I am excited to see what possibilities await. Since I believe we have a collective consciousness, or collective unconsciousness, the more of us that are willing to look inside and work on areas where we are contributing to fear, polarization and secrecy, the more transformation on both personal and global levels can happen. By contrast, as long as we choose complacency over awareness, the government/corporations will make our decisions for us.

The revolution does start within ... by educating ourselves. As Gandhi said, "We must be the change we wish to see in the world." A less common quote is, "True economics stands for social justice. It promotes good for all, and does not allow the strong to amass wealth at the expense of the weakest and is indispensable for a decent life."

One final story that has stayed in my mind as I question reality was presented by a student of Carl Jung. It proposes this theory: "A group of people have the answer to a problem if each person in the group is listened to." Carl Jung's student did lots of research, but the story that stuck with me was of the time he attended a county fair and noticed a side of beef being offered as a prize for the person who guessed the correct weight. Once the fair was over, he counted all the guesses and divided that number by 700, which was the number of people who had entered the draw. The average number turned out to be more accurate than that of the actual winner. Jung's student then concluded that yes indeed, we humans as a group have the knowledge it needs to fix any problem, as long as we consider ALL input.

♥ *Angele* ✨



Canadian Society of Questers

2012 Fall Conference

'Spirit/Earth Connections'

September 28 - October 1

Salmon Arm, BC

Christian Kyriacou

An inspirational speaker who has appeared on TV and Radio since 1993 in the UK, Cyprus, Spain and the USA speaking on architecture, house whispering, philosophy, consciousness, geomancy, feng shui and music. A professional architect who works with the Harmonics of Spatial Energy - the Music of Buildings. He is the co-founder and teacher of the London School of Feng Shui. **www.Kyriacou.com**



Theo & Lee Bromley

Theodore studied Huna before he met Lee 21 years ago. Lee embraced the teachings and will explain what makes the healing circle so effective and powerful, Theodore will then lead the circle. The Bromley's are well known in Western Canada as crystal distributors. **www.thecrystalman.com**



RJ Stewart & Anastacia Nutt

RJ is a widely-quoted Scottish author and composer, with 45 books that cover the magical arts, music and meditation, the Celtic myths and legends. As a musician he has recorded or performed with leading figures in the Celtic music world, such as Clannad and Van Morrison. **www.rjstewart.org**




Anastacia is an author and spiritual teacher, working in the USA and Israel. She is a director of StarHouse, a stellar aligned temple for trans-denominational spiritual work, near Boulder, Colorado. **www.thestarthouse.org**. She is a classically trained musician and singer, gives concerts with R.J. Stewart using their original songs and music, combined with ancient magical ballads.

For more information visit:

www.questers.ca

contact Carol: pinkrose4233@gmail.com

**The African Shamans
PAPA WANGO & DJALY**
are back in Kelowna
Oct. 5 - 9



Reserve your space for
shell reading, rituals, concerts
and other events.
For more details call
Chantal 250 575 6184
www.bestbalancedlife.com

Why Meditate?

by Lynne Gordon-Mündel

Most of us have an overabundance of 'things to do'. Our lives are full. We are busy. Taking time to sit still, to quiet the mind, to let go and remember the Source of all life, to feel the nourishment of life force, can seem to be selfishness, even a waste of time. Is it not better – more charitable, more loving – to squeeze in a visit to an acquaintance who is depressed and alone, than to take twenty minutes to meditate? Is our volunteer work not more important – more valuable to others – than time alone inviting the breath of the Cosmos to be more conscious in us? Yes, to the consciousness confined to time and space, this would seem to be so.

However, our brains and our five senses are not capable of knowing the fullness of reality. Beyond the brain, and beyond the limits of our five senses, lie realms of understanding and potential for assistance to a struggling humanity that are beyond the grasp of the linear mind. Even now, however – even with the understanding currently within our reach – we can see that the gift we can bring to an acquaintance, to a volunteer organization, to humanity, is perhaps not the hurried touch-in with the motive to 'help', or the fulfillment of a duty that absolves us of a 'not good enough' feeling. We must know that the greater gift would be to carry a relaxed, balanced presence all day long, wherever we are. It would be to live a state of consciousness that directly inducts a sense of peace, stability and faith in life.

What if, in our rushing about to do good deeds or feel worthy, we are actually creating psychic "dust storms"? What if a half hour of meditation, practiced regularly, each day, can entrain the very atoms of our bodies to be in alignment with natural order – with the cosmic balance that holds the stars, planets, galaxies, as they move in rhythm and grace? What if our actions, our words, our communication with our world were to arise from such a state of consciousness? How would that assist in the evolution of healthier friendships, families, workplaces, communities?

Meditation makes a difference. We can begin the day, or stop for a while during the day, to be still, to quiet the mind and remember with the very atoms of ourselves that we are inseparable from the Source of life that lives and breathes in, around and through each and every one of us.

MANDALA BOOKS



- Books
- Jewellery
- Gifts
- Music
- Essential Oils

Mandala Books
3023 Pandosy St.
Kelowna, B.C. V1Y 1W3

250 860-1980

Dare to feel what you feel and know who you are ...

At retreats with Lynne Gordon-Mündel we discover greater compassion for ourselves and others. Lynne guides us on journeys of experience and relationship that sharpen our intelligence and remind us that we are creators of our own destiny.



Sept 14-17 • Oct 12-15 • Nov 16-19

www.origin8.org

Pat (250) 751-7528 or Domenica (250) 376-8003

The Natural Order Energy Flows within Family and All Human Systems

by Blanche Tanner

There are many systems of energy flow awareness that are commonly accepted. Acupuncture is well known for helping to release blocked energy in the many meridians in the human body and bringing a great deal of release of pain and disease. This modality has been around for thousands of years. Another is the use of chiropractors, for when a vertebra is out of place in the spine, it causes many other problems in the energy flow of the body, affecting the health and wellbeing of the person.

Another system is the Chinese art of Feng Shui, or how the energy in our homes and work places cannot flow properly when there is clutter or obstacles that get in the way of the flow. Blocked energy or the placement of objects in the wrong place can affect the flow of money in a business and affect relationships in the family.

Bert Hellinger, German author, psychoanalyst, poet and healer, who at age 85 is probably Europe's most innovative and provocative psychotherapist. He discovered in working with thousands of people over many years that there is a natural energy flow within families and all human systems. When something is blocking this natural flow of energy it can have severe consequences. A system might be our family of origin, present family, a business, a community, political system, groups, organizations, even our environment. Bert is well known for developing the "Orders of Love" or the natural order that love or energy flows in a system. His work is called *"Family and Human systems Constellation work"*. His main discovery was that family systems are governed by laws which are rooted deep in the unconscious minds of the members of the system as a group conscience. One of these laws is that every member of the family has to have its honoured place within it. When someone is excluded from the system, ignored or denied his or her adequate place, the system is out of balance or one of its members becomes dysfunctional or distorted (drug abuse, illness, severe accidents, premature death.....) Constellation work is designed to heal such shortcomings and restore the requirements of the basic laws.

Some of the situations that affect the flow of energy are, when there are abortions, miscarriages, still births, adoptions, mental illness, drug and alcohol addiction, suicide, dis-inherited or disowned members of the system, murders, any person who was pushed out of a family system and forgotten. Whenever someone is excluded from a system, this person is unconsciously represented and honoured by someone

continues on page 10

Sandy Wells is an avid photographer who enjoys healing with energy and being at one with nature.

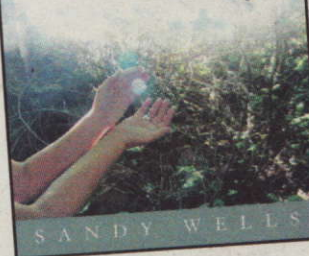
This book is full of outdoor energy photography and will make you look at your next outdoor venture with renewed awe.

This book is sure to be a great coffee table book and conversation starter.

Available through Balboa Press

www.sandywells.net or email sandywells3@yahoo.com

More
than Meets
the Eye



Mystic Dreams

Your metaphysical store on the North Shore

419 Tranquille Road, Kamloops, BC
250-554-8770 • www.mysticdreams.ca

In You Go Inspiration



Metaphysical Store in Armstrong
LOCAL Jewellery/Sculptures/Artwork

Wellness Workshops

Schedule is on our website.

Book our Venue for your workshop.

www.inyougoinspiration.ca

250 546-2741

3410 OKANAGAN ST • ARMSTRONG, BC

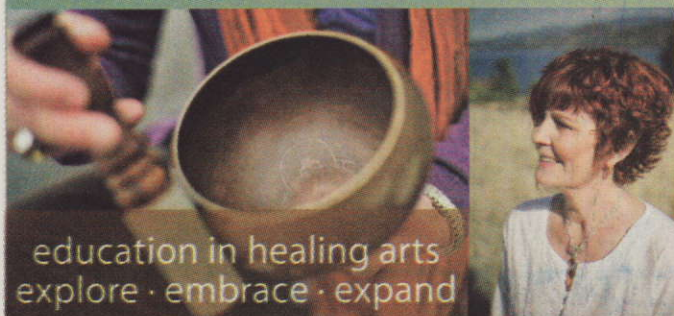




StudioChi

SCHOOL OF THE HEALING ARTS

Registered with the Private Career Training Institutions Agency of B.C.



education in healing arts
explore · embrace · expand

www.studiochi.net

250.769.6898 info@studiochi.net



**affordable change
design your healthy home
with local materials that heal
you and the planet**

Prana Food and Shelter Farm Workshops

- Cedar wood-fired banya
- Greenhouse with rocket stove
- 3d design with Google Sketchup

www.pranatimberframes.com



250.449.2232

Michael Hollihn • Midway, BC

michaelhollihn@gmail.com

The Natural Order ...continued

else by developing a symptom for example, an alcoholic and abusive great-grandfather was left behind in England while his wife and children moved to Canada, never mentioning him again. The great-granddaughter had relationships with abusive, alcoholic men. Often the system carrier does not even know the person he or she is unconsciously identified with. Remembering them and giving them a place in our hearts and in the family, can restore a natural flow of love and wellbeing.

Another central law is the law of succession that states that those who came first in time have precedence over those who come later. So parents have precedence over their children, and children who take on the role of fathering or mothering their parents are heavily burdened in their psyche and feel greatly relieved when they can know their rightful place and that they are the children, not the parents.

Bert Hellinger says *"Children experience inner solidity and a clear sense of identity when they find resolution with their parents, when they take both parents and acknowledge them as they are. They feel incomplete and empty when they exclude one or both of their parents from their hearts. The consequence of demeaning or excluding a parent is always the same---children become passive and feel empty. This is a common cause of depression."*

Another major aspect of this work is the connection to our ancestors, and how all that came before us is still supporting us in this life. Most tribal, Asian and many European cultures have a great respect for their ancestors and remember them through various rituals and ceremonies. There may have been trauma in the family systems, such as having to leave a country of origin because of famine, war, or religious beliefs. There may have been murder or some other effect that was harmful to someone. There could be a debt that future generations will try to unconsciously atone for, trying to bring the flow of energy and love back. These are hidden dynamics that we cannot always know or be able to heal in traditional ways. We all have some history in our families that has an effect on us and future generations. Bert Hellinger's work is without judgment. We look at the truth of what has impacted or injured the family system, and a movement begins in the system that seems to quiet the resonance of the trauma.

Constellation work is relatively new to North America even though it has been very popular in Europe. Family and Human Systems work can be done in a group or privately. Constellation Work addresses a variety of issues including:

- Unexplained sadness, grief, anger, and shame
- Addictions and other destructive behaviours
- Relationship failures and confusion
(with parents, siblings, partners, or children)
- Depression and unhappiness
- Business failures and money problems
- Illnesses and chronic health problems
- Organizational confusion
- Adoption issues



- Loss of direction and purpose
- Repeating "accidents"

Out of love, we unconsciously "reproduce" the life of one of our forgotten or suffering family members. We do not fully live our own lives, but in part, someone else's. When we experience one or more of the symptoms above then chances are we are entangled in our family system.

Give-and-take is another important aspect of energy balance, and systems thrive on balance. When one gives love the recipient generally wants to give back even more love. It is also true that if someone hurts another, that some hurt back will help to restore a balance in the relationship as long as the hurt is not more than first received. A balance of give and take supports a sense of contribution and validation, and a willingness to give more. This is particularly significant for couples.

When I first heard about this work I was very excited as I had already been working with people for about twenty-five years. My experience and understanding was that if we had issues with our parents than those issues got transferred onto all our other relationships. There are multiple layers to Constellation Work that include an understanding of deep unconscious loyalties to our systems. I have been studying this amazing work for several years now and I am always learning new and exciting perspectives, and a deeper compassion for myself, all others and all things.

Blanche Tanner, has been co-facilitating workshops for personal development and Life Enhancement for over 25 years with her husband Harreson Tanner in the West Kootenays. She is a Breath Practitioner, Family and Human Systems Constellation Facilitator and Meditation Instructor. See ad in Directory under Breathwork

Testimony

"I am Anita, the Dutch girl that participated in your workshop in October. I must thank you so deeply for the work at the constellation day. It felt so special to be part of the circle, such an intense stories and events. Super powerful and magic. I loved it. On top of that, I travelled to the Netherlands right after the workshop and had a fantastic time. My family members did not fight with me nor each other and a fun and enjoyable family good-bye dinner on my last night. No disputes, just smiles. I do not recollect that atmosphere in my family ever before! My brother might even go to see a counsellor in Amsterdam!"
In the hope our path will cross again soon,

Anita, Nelson, B.C.

"The Constellation work was amazing in how it portrayed and revealed insights to all sorts of situations. My own constellations were very clear in their intention and allowed me to see with my own eyes the obstacles that have been holding me back and will now set me free"

Carey, Yellowknife, NT

Discover treasures in Grand Forks

KALEIDOSCOPE

Body, Mind & Spirit Arts on 2nd St.

Open T-F • 10-5

Saturday • 10-4pm

250-443-3278

Grand Forks' Farmers' Market



May - Oct every Tuesday & Friday from 8am-1pm

@ Gyro Park (across from Overwaitea)

gffarmersmarket@hotmail.com

Penticton: 778-476-6016

Summerland: 250-494-3321

Dr. Jese Wiens, B.Sc., ND

Nutrition, Acupuncture,
Herbs, Bowen Therapy,
Hormone and Food Allergy Testing

www.doctorwiens.com

IMMUNE BOOSTING INJECTIONS AVAILABLE NOW



Renowned
Psychic

JANEAH ROSE

Receive answers to your most pressing questions about Love, Money, Health, and Career. Learn about your hidden talents and discover your true destiny.

In person or by phone 250-260-7878

Toll Free 1-855-260-7878

www.globalpsychics.com

www.janeahrose.com • email: janeah@telus.net



Pema Design Studio

*we offer the best supports
for your practice*



meditation
cushions & mats
✦
yoga supports



buckwheat hull
sleep pillows
✦
small supports
& warmers



buckwheat hull
pet beds

~ all natural fibers and fills ~

made in Fernie BC ~ 250-423-3482

1-877-441-3412

pemadesign.com

Want to write a book?
Need help with
Social Marketing?

Want to take
your message
to the next level?



www.dianagoldholland.com

**PROFESSIONAL EDITOR
& WRITING COACH AVAILABLE**

My clients include Angèle at *Issues*
magazine and two *New York Times*
best-selling authors.

Call for a brief consultation.

Your message, your voice:

The world is waiting!
604.684.0911

KTUNAXA to Submit Application for Judicial Review of Jumbo Resort Approval

Recently the Ktunaxa Nation announced their formal decision to apply for Judicial Review of the BC Government's recent approval of the Jumbo Glacier Resort. The resort would be built in the heart of what the Ktunaxa call Qat'muk (GOT MOOK), which is located an hour west of Invermere, BC.

The home of Grizzly Bear Spirit, Qat'muk is vital to both Ktunaxa culture and the region's environment. The BC Government's approval of the resort in the heart of Qat'muk represents a desecration of a principal Ktunaxa sacred site, the potential undoing of Ktunaxa traditional spiritual and religious practices, and consequently a significant and unjustifiable violation of Ktunaxa constitutional rights.

According to the Ktunaxa creation account, Qat'muk is where Grizzly Bear Spirit was born, goes to heal itself, and returns to the spirit world. For the Ktunaxa, relying on the continuation of traditional spiritual and religious practices, Grizzly Bear Spirit is a unique and indispensable source of collective as well as individual guidance, strength, and protection. Qat'muk's importance for Grizzly Bear Spirit is inextricably interlinked with its importance for living grizzly bears now and in the future. "The Ktunaxa have a stewardship obligation and duty to the Grizzly Bear Spirit and Qat'muk," said Ktunaxa Nation Chair, Kathryn Teneese.

"Ktunaxa have been on record as being opposed to this resort since it was first proposed, principally on the spiritual importance of the Qat'muk area for Ktunaxa people, as well as the concerns for the protection of wildlife populations, biodiversity and water quality."

"Throughout the consultation process, the Ktunaxa Nation clearly and consistently indicated that proceeding with the resort would destroy the spiritual, cultural and environmental values of Qat'muk. Yet, they did not hear our words."

Despite considerable efforts made by the Ktunaxa to convey the cultural, spiritual and religious significance of Qat'muk, the BC Government approved the resort on March 20, 2012. Efforts by Ktunaxa included the release of the Qat'muk Declaration and Stewardship Principles and the release of the Schaffer Economic Report, which concluded that there was no net economic benefit to the region or the Province of BC.

"The resort was approved despite the strong evidence of the critical impact it would have upon our culture," continued Teneese. "We now have no other choice but to challenge the BC Government's decision-making process. We feel that this decision will not stand in a court of law, and will be found to show that the BC Government did not make the correct decision in approving the resort in the heart of Qat'muk."

"We feel it is important to protect our culture at any cost," said Teneese. "However, this legal challenge is an expensive proposition to the Ktunaxa, and we are currently bearing this cost alone. As a result, we are inviting the public to contribute to our legal costs through our website www.beforejumbo.com. There is also a second fund for visitors which will support the cultural activities and education related to Qat'muk. Donations to this fund qualify as charitable donations. We cannot issue tax receipts for the legal fund, but we can for all donations over \$20 to the cultural activities fund. All contributions are greatly appreciated."

For more information on Qat'muk, or to donate money either to the legal action fund, or to the charitable activities fund, please visit: www.beforejumbo.com.

Ktunaxa people have occupied the lands adjacent to the Kootenay and Columbia Rivers and the Arrow Lakes of British Columbia, Canada for more than 10,000 years. For more information on the Ktunaxa visit: www.ktunaxa.org

For further info contact: Garry Slonowski 250-919-2848 gslonowski@ktunaxa.org

Journey from Depression to Consciousness

by Karin Wilson

The day everything changed, my car wouldn't start. I remember thinking at the time: is this a sign? Is this one of those moments when the universe is whispering: don't do that. Don't go. I decided that was an excuse, borrowed my soon-to-be ex-husband's car, left him with our two-year-old daughter and headed off to learn about metaphysics.

These were the days when the Celestine Prophecy was the latest and greatest. But it wasn't new for me. I had already spent 20 years reading everything from Zen and the Art of Motorcycle Maintenance, anything I could get my hands on from Ralph Waldo Emerson and Carl Jung, Kahlil Gibran's The Prophet and Conversations with God. But for all that spiritual book knowledge, that February day I knew my life was falling apart. Broken. Just like my car. Marriage, career, family relationships, finances. In the previous five years I had lost both step-parents to cancer, moved to a new community, got married, had a baby and nothing was right. I wasn't right. I felt dried up and wrung out, yet was somehow convinced it could be different.

Counselling had already worked wonders. Cognitive behavioural therapy and a daily dose of Zoloft kept my depression at bay. But it wasn't enough. I knew I had to make a serious shift. If the drugs couldn't do it, and I had reached my zenith with counselling, maybe something "bigger" would help. I sensed I had missed something in all those books. Yes, I believed. But what was I supposed to do with it.

That day when the car broke down, I entered the Centre for Spiritual Living in Kelowna. Six weeks later I took my first class. Once a week, a dozen students got together as Dr. Kenn Gordon led us through understanding that we, each one of us, was "perfect, whole and complete" exactly as we were. It opened me up. It helped me hear my own small inner voice that had been

silenced in so many ways. It gave me room and safety to peel back the layers and begin to see what I really wanted for my life – who I wanted to be, and what role I had played the whole way through. There was no blame, no shame. What I heard was love, compassion, and a celebration of everything about each of us around that table – our quirks, our foibles – they all serve some divine purpose, just trust.

"Thought plus feeling equals manifestation," Dr. Kenn would say. So I started to pay attention to my thoughts. It was cognitive behavioural therapy with a twist. Learn to trust myself. I already know all the answers to my problems. Soon I could physically recognize my brain open up. With time, this teaching gave me back control over my thinking. It helps me silence that critical voice that says I can't do something, I'm not worthy, I don't know how, or even, simply, I don't know.

This teaching may be called "New Thought", but none of it is new. It's as ancient as humanity. This is about the power that exists through our thoughts – and in particular those new thoughts that act like a lightning rod in our lives for change, for growth and for expansion.

Five years ago I threw away the anti-depressants. I now have a new loving spiritual relationship, work that feeds my body and soul, a beautiful daughter I dearly love, close friends of all spiritual types and stripes, and loving relationships with those members of my family who are still in my life, including my ex-husband. That cold February day I had a new thought. And instead of ignoring it, I listened. Nothing has been the same since. That's exactly the way life should be. *see ad below*



Get your **REAL** journey underway!

You've heard it before...

Change your thinking and you'll change your life.

The question is: How to do it?

Fortunately there are real steps that will take you from here to there. This fall, learn how to create a new outlook and manifest what you really want from life! Self empowerment leaders like Wayne Dyer, Eckhart Tolle, Oprah and others use these tools. Now you can too!

Science of Mind, personal transformation classes start the first week of October at the Centre for Spiritual Living, Kelowna.

"This is your opportunity to be the change you want to see in the world."

Sign up today. Call 250-860-3500 or email revgord@shaw.ca



www.kelowna.csl.org



PRO-PIL-O

The neck support pillow that keeps you cool-headed!



This German made pillow was developed by American sleep researcher Dr. LH. Dixon.

The pillow features a special latex that keeps the head, neck and shoulders in a relaxed position along with a temperature regulating cover.

This pillow will keep you cool and comfortable.

**ducky
down®**
downquilts

1-800-667-4886

250-762-3130

2821 Pandosy St., Kelowna

www.duckydown.com

Indigo Dreamer



Kerry Palframan RN

kpdreamer@gmail.com

250-494-8955



- ♦ Life Coach ♦ Visionary ♦ Speaker
- ♦ Teacher ♦ Healer ♦ Medical Intuitive
- ♦ Author ♦ Spiritual Medium ♦ Intuitive Readings

- Chakra Balancing
- Past Life Work
- Dream Work
- Animal Communication

- Emotional Clearing
- Soul's Purpose Alignment
- Spirit Guides & Angel Messages
- Passed Over Loved Ones
- Soul Contracts
- Karmic Release
- Blockage Removal

- Inner Conflict Resolution
- Weight Loss
- Finances
- Relationships
- Career
- Soul Mates

Kerry's Guided Meditation CD
and her book **Spirit Talk**
can be ordered online

www.indigodreamer.com

Vedic Astrology

by Carole Davis

Vedic Astrology is a science that goes back 7000 years. It was brought to humanity through the sages in India, who were highly spiritual, self-realized people. Vedic Astrology comes from the Vedas. There are three parts of the Vedas with which we mostly work. Ayurvedic Medicine, the "Science of Life," focuses on keeping the body healthy. Ayurvedic Astrology, the "Science of Light," shows how your karma will affect you and when these events will occur. The next is Yoga. All yoga came from the Vedas originally. This isn't just the physical movements of yoga, but living a Satvic life, which means caring for your body and soul and living a clean life.

Vedic Astrology is sidereal astrology so the dates and signs of your birthday may differ from Western Astrology.

Aries - April 14 - May 14

Taurus - May 15 - June 14

Gemini - June 15 - July 15

Cancer - July 16 - August 16

Leo - August 17 - September 16

Virgo - September 17 - October 16

Libra - October 17 - November 16

Scorpio - November 16 - December 15

Sagittarius - December 16 - January 13

Capricorn - January 14 - February 12

Aquarius - February 13 - March 13

Pisces - March 14 - April 13

Before I go on, I want to say that most of our suffering on this planet is needless. The planets play out our karma which activates events that we don't necessarily like so we resist what is happening, or try to control, or hang onto that which is slipping through our fingers. One thing that I have seen over and over is when the winds start to blow in someone's life, we have no choice but to go with it. So often we fight what is inevitable. It truly has nothing to do with the event that brings sorrow; it is how we interpret the event. If one knows there is great change coming in one's life, one can be prepared. All suffering brings us back to our self, our 'real' self and shows us the illusion of living on this planet.

Right now the planets are lining up in a fairly intense manner and have been like that for a few years. Below is a summary of what energies are playing out this fall and into 2013-2014.

Saturn has finally left Virgo and has gone into Libra which will be a big relief for any of you with Virgo or Pisces planets. Saturn is in Libra for approximately the next two years and will be affecting any Libra, Aries, Sagittarius and Cancer planets and the houses they rule. Saturn is exalted in Libra and so is very powerful and likes being in this placement. Saturn is good for making things happen and solidifying events and projects in your life. Saturn is the planet of structure and

form and is helpful with hard work to achieve your goals. It is a grounding planet, it brings the truth and reality to the houses and planets that it is aspecting. It is a reality check and always ends up being a transforming time. Saturn takes its time, two and a half years to solidify, breakdown, change and rearrange your life. Sometimes it can feel painfully slow, because we often want things now. If you have a Virgo, Libra or Scorpio moon or rising sign then you will be in Sadi Sati which is a seven and a half year cycle which transits the 12th, 1st and 2nd houses from the moon. This can be a period in a person's life where the karma affects us the most. Many people get married/separated or have children at this time. Saturn will make us face our responsibilities and will slow down our lives in general to make us take stock and ponder what we are doing, where we are going, how we are getting there, and will emphasize the changes we need to make.

In politics there will be sexual scandals with prominent leaders. Signs of economic revival will be extremely slow and stagnant. The most profound change will come for the world after the January 2013 - February 2014 conjunction with Rahu and Saturn.

Everyone is talking about December 2012 and the world going through great growing pains. The time that will be the most difficult for the world and individual people will be the 15-month conjunction of Rahu/Saturn that will impact the world profoundly. These two planets coming together will make great change personally and globally. It is a difficult conjunction as both planets are very powerful and are the Karmic control planets. This will be a time when we will have to face our worldly and individual karma together. Saturn acts physically and Rahu acts psychologically. This time it will bring wisdom through limitation and separation. The planets Rahu/Saturn conjunct and the house where the conjunction occurs in your chart will be the area of change in your life.

It's interesting to note that the actual Mayans have never predicted much regarding the end of this calendar other than another calendar and another cycle begins. What will be taking place around December 2012 astrologically is not the end of the world. There is lots of change, some good and some difficult. It can seem very negative, but astrology is about looking at what is real and see the world as it is instead of looking through rose-colored glasses. Vedic astrology is about individual and global karma and knowing what that karma is, and how we can be aware of these karmic events so that we can bring an understanding or "Light into our Lives" to help soften events through knowledge and mindfulness of how this will affect us individually.

The exact conjunction will be September 16, 2013, and this conjunction happens every eleven years in different signs and different houses. It is good to pay attention and feel the effect of all conjuncts before and after they happen.

Rahu is a rebel and Saturn is the stabilizer, so Rahu tends to revolutionize Saturn. Depends on your chart as to the areas this conjunction will affect your life. To give you an idea about events that have happened when Rahu/Saturn conjunct over the years, here is a partial list.

continues page 17

Dare To Dream

Jewellery
Crystals • Gemstones
Salt Lamps • Incense • Oils
Tarot and Oracle Cards • Angels & Dragons
New Age & Self-Help Books • CDS & DVDS
Feng Shui & Chakra Energy Products • Unique Gifts

MONTHLY SPECIALS AND CLASSES

Aura/Chakra Analysis with Biopulsar Reflexograph Readings, Healing and Massage... see 2 ads below

#33 - 2070 Harvey Ave., Kelowna, BC • 250.712.9295

Holistic Choices



with Preben Nielsen

- Reiki Master / Teacher
- Sound Healer
- Spiritual Counsellor
- Massage Practitioner
- Shamanic Healer



Reiki & Shamanic Classes available

Shamanic Healing - Soul Retrieval / Extractions
Clearings, Power Animal & Inner Child Journeys

Kelowna: 250 712-9295

Dare To Dream

with Angie

Personal/Spiritual Growth Programs

Reiki Treatments & Classes

Thai Foot Reflexology

Full Body Massage

250 712-9295



Derrick Whiteskycloud



- Shamanic Healer
- Clairvoyant Medium
- Spiritual Counselling
- Paranormal Investigator

Tel 604.818.8375

www.whiteskycloud.com • email: whiteskycloud@yahoo.com

Celebration Centre and Metaphysical Society



www.ccandms.ca
for schedule

*Join us each Sunday as we all endeavour to find
direction in life with concepts and knowledge
manifesting through various speakers.
Enjoy and share the intelligence and
humour brought to the Centre.*

Sunday Meetings held at 10:30 am • Penticton, B.C.
South Main Drop in Centre • 2965 South Main Street,
website: www.ccandms.ca or phone: 778-476-0990

For info on being a Guest Speaker please contact
Lynn Gibb: email: lynnisakriz1962@yahoo.com

Sleeping Problems and Fibromyalgia means Stomach Imbalance

by Delphine Saxinger

When people tell me they have insomnia my first question is: "How is your stomach?" Throughout my many years of practice I have found most sleep issues come from an unhappy stomach.

If a client is diagnosed with fibromyalgia I always suspect the stomach is unbalanced. Why? In my experience, fibromyalgia is caused by the body's inability to mend or heal due to poor or insufficient sleep.

In my experience the body often needs one teaspoon of alcohol at bedtime. Why alcohol? Oftentimes there is a virus in the stomach. Alcohol taken at bedtime stays in the stomach longer and may work as a type of antiseptic which improves the function of the stomach by eliminating any virus.

I have found the most effective types of alcohol for this kind of remedy the hard liquors like Gold Tequila, Kirsch, or Jagermeister. Usually you need to take the alcohol nightly for three months. After three months you may need it from time to time to help settle you down for sleep, such as when you come home late at night from traveling or shopping.

Another common stomach complaint is an acidic stomach. As soon as clients say they have an acidic stomach I suspect the stomach acid is actually low. How do we correct this? One way is to not drink anything with your food. You must not drink anything 15 minutes before to 40 minutes after eating food. This timeline is fairly consistent. If you do this as often as possible the acid level balances out and the stomach feels better. So remember, each time you avoid drinking with your meal your stomach will thank you.

Your body wants to be healthy and always in balance and you can see by following these simple remedies just how easily you can return to full health, or maintain your current good health. Listen to the body and miracles will happen.

please see ad below

**Not sure which way to go?
Have difficulties making decisions?
Want to learn more about yourself?**

Norma Cowie

Psychic Life Consultant

250 490-0654 • Penticton
norma@normacowie.com



Tarot Card Reading Class begins Thurs. Oct. 18th

www.normacowie.com

VEDIC ASTROLOGY



Carole Davis

25 years experience



Gain insight into your life - career, finances,
family, marriage, relationships, health and more.
Know your talents and your life's purpose.

Vedic Astrology, the Science of Light,
will illuminate your past, present and future.

"You will understand why things are happening in your life."

250-309-2736 • email: caroledavis@shaw.ca
www.CaroleDavisAstrology.ca

Delphine's Natural Health
www.TalkingtotheBody.ca
Toll Free: 877-326-3113
Skype available when we cannot meet in person!

Vedic Astrology continued

1865 Abraham Lincoln assassination
1945 Nuclear bomb on Hiroshima
1968 Martin Luther King and Bobby
Kennedy were assassinated
1979 Iranian Revolution
1991 The Gulf War
2002 The Iraq War

So what will happen with this conjunction in 2013? Rahu and Saturn are meeting in an air sign, so watch for things related to hurricanes, severe weather patterns, wind, earthquakes and air travel. Because the eclipse line runs very close to San Francisco and Los Angeles, there could be earthquakes in the Pacific Rim in 2013.

A Rahu/Saturn conjunction has the same energy as in the past. There will be revolutions, people standing up for their rights. They will want freedom and independence, especially in the Middle East. It will be a time with increased violence and nuclear events. This conjunction will affect the world and we will all experience increased political tension and conflict. The economy will still be on the down-turn. Canada is quite benign but we are dependent in the winter on Mexico and the United States for our food. Canada is tied to the United States and rest of the world for our food and energy. Oil will continue to rise in price.

There will be many changes and many upheavals personally and globally, but we will get through it and life will move forward. Some countries and some individuals will be affected more than others, it just depends on one's Karma.

It is not the end of the world, but it will be a time we won't quickly forget. By the end of 2014 we will be amazed at how much our lives have been transformed. Hopefully with these transformations, mankind will awaken and focus on the betterment of this planet that we all so dearly want and need.

see Carole's ad to the far left



REVITALIZE

NATIONAL HEALTH CONFERENCE

LARGEST & MOST EMPOWERING NATURAL HEALTH CONFERENCE

RED DEER, AB | SEPT 15 & 16, 2012

David 'Avocado' Wolfe <small>Premier Advocate for Rawfoods</small>	Rebecca Gaynor <small>Modern Day Supermom</small>
Dr. Fred Bisci Ph.D. <small>Pioneer of Nutrition through Rawfoods</small>	Pat Kerr <small>Professional Metabolic Coach (Weight Loss Expert)</small>
Dr. Kaayla Daniels Ph.D. <small>Naughty Nutritionist</small>	Liz Forrest <small>Real Life Raw Food Chef</small>
Mary Tocco <small>World Leading Vaccine Researcher</small>	Brian Wagner <small>Campaigner for Quality Ingredients and Fair Product Regulations</small>

Travel Gift-Card Rebate Program
Available for out-of province plus other discounts.
Up to \$200.00 / person.

NEW- Secret Guest Speaker

Held at the Red Deer, AB -- Sheraton

For more information Contact us at 250-220-1262

LeadingEdgeHealth@shaw.ca

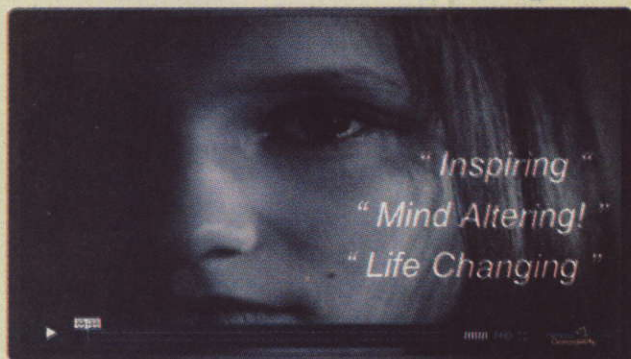
And visit our blog
www.LearningEdgeHealth.org



BOOK NOW



Has the Natural Health Revolution Finally Begun?



This FREE 4 Minute Video Shifts Everything...

Will You Be Part of the Shift?

It begins with awareness...

It **grows** by inspiring those that need it...

It **motivates** by adding **hope** where none currently exists...

It **expands** by **community involvement**...

Choose the path of the **peaceful warrior** and **join the revolution** today:

Share your story, your experience and help another...

...or browse stories that resonate with your Mind, Body, Spirit ailment or crisis.

Everyone Has a Story...
A MIND, BODY or SPIRIT
Healing Story.

Now It's Your Chance To Share That Story;
To Inspire Others, To Help Change The World...
One Person At a Time...

Be a part of the Revolution, be a part of the
Shift and Share Your Story Today... Visit:

naturalhealthcommunity.org/shift

Does Social Media & the Web Change the Way Practitioners Help the World?

Before the dawning of the Internet, in the old age, healer/practitioners got clients through friends of friends or by placing ads in newspapers and other media... however, those traditional mediums aren't working like they once did.

Most healers got into their respective fields to do just that... heal. They didn't get into it to learn marketing, build websites or to master social media. That wasn't their gift. But with more and more people hopping onto the web each day, those new skills are now more important than ever before.

Facebook currently has over 900 million registered users (that's 1/6 of the world's population) and YouTube gets over three billion hits a day (that's more views than all national TV stations combined). In short, that's a lot of people shifting their focus to the new media of the Internet.

So why aren't the practitioners of the world getting seen by all these people? The answer is simple; their talents and gifts lie in healing, not marketing. The good news however, is that there is a website located right here in the Okanagan that's causing quite a stir; by now you may have even heard of it. Their goal, as they put it, is 'to connect those who know (practitioners, authors, speakers, trainers, coaches etc) with those who want to know' (the public).

As a member of the public, we are hungrily searching for new answers to the age old questions of mind, body and spiritual health. And now it looks like 'we, the public' may have finally found the help we've been waiting for.

According to sources, the key to their success is empowering practitioners to do what they're good at; healing, while taking care of most of their marketing needs. Each practitioner has their own mini-site inside the mother community, which starts off with an impressive professional video interview.

The most empowering part of this community though, is just like its name suggests; it's a community that brings people together. I think this just may be the first place that succeeds in liberating the alternative health space, and finally getting it the mainstream recognition and respect it deserves.

So if you're looking for great info on a wide variety of mind, body and spirit needs, or if you have an ailment (spiritual or physical), I would check them out. With personalized videos of each of their practitioners, you really get a sense of who they are without having to spend hours in the "Google maze." It is a really neat website that is extremely useful.

One last thing worth mentioning is that they offer a Loyalty Card that's good for discounts with practitioners and several local natural health food stores. Will this website really change the way practitioners help the world? Only time will tell, but it seems like they're on the right track.

Check them out at: NaturalHealthCommunity.org/free to get a free membership to the site and explore all that it has to offer.

JOHNSON'S LANDING RETREAT CENTER

overlooking Kootenay Lake, BC



The Retreat Center is open again after the land slide of July 12, 2012, which was North of us.

We still have opening in the following retreats

September 13 - 16

**Listen to the Divine Child Within
with Elisabeth Guentert Bay**

September 13 - 16

Innerquest Breathwork with Jon Scott

September 22 - 27 • Tantra

**Sept. 29 to October 4 • Eastern Based Yoga
with Satyama Lasby**

September 29 to October 4

Silent Buddhist Retreat with Don McEachern

Join us as
Garden Volunteers
Long Term Focalizers
Community Members
or take our Center Life Program

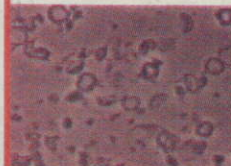
**"Invest in Yourself to
Help Change the World"**

www.JohnsonsLandingRetreat.bc.ca

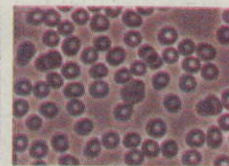
Toll Free 1-877-366-4402

Sick and tired of being sick and tired?

*Janet uses combined theory in
Live and Dried Blood Analysis
for determining the root of illness.*



Free radical damage



Healthy blood cells

Health and Natural Lifestyles

Janet Rowe

Experienced Wholistic Practitioner
and Teacher of Blood Analysis

Calgary, AB • 403 212-6077

www.healthy-option.com



ONGOING EVENTS

CANADIAN SOCIETY OF QUESTERS

BC & Alberta chapters - Ancient arts of Dowsing,
Divining, Questing, Seeking, PSI. www.questers.ca

MONDAYS

MMME CLASS STUDY OF METAPHYSICS

third Monday 7-9 pm • \$15.00 • Reserve space
250 497-5511 - #1-477 Martin St. Penticton
Call for additional information

FRIDAYS

CRYSTAL BOWLS SOUND MEDITATION

Closest to the Full & New Moon on Fridays
Kamloops: 778 471-5598 • Call Terez for info

SUNDAY CELEBRATIONS

**Penticton: The Celebration Centre and
Metaphysical Society** presents Sunday Meeting
10:30 at the South Main Drop-in Centre
2965 South Main. Info: 778 476-0990
www.ccandms.ca • email info@ccandms.ca

Centre for Spiritual Living • Kelowna 10:30 am
Community Theatre • www.kelowna.csl.org



***Join these
Wise Women's
Weekend***

***Naramata Centre
September 21-23***

***wkd. pass \$ 170
250-497-6861***



***Educational
Spiritual
Networking
that is Fun***





presenters plus many healers



details at
www.issuesmagazine.net

Astragalus Root

Strong Wei Qi (Immunity)

by Carola Schleuss

Shen Nong, founder of Chinese herbal medicine and the great Chinese Emperor discovered astragalus root, approximately 200 BCE. The Chinese name for astragalus is *huang qi*. This translates as 'yellow leader', referring to the yellow colour of the root and its status as one of the most important tonic herbs. Chinese herbalists use astragalus to build energy and resist disease in the human body. Astragalus is a tonic for the adrenal glands, replenishing what has been released during a stressful moment, such as a "fight or flight" situation or to boost the immune system when there is a viral invasion. Healthy adrenal glands are a must for strong immunity; they sit above the kidneys, and are part of the endocrine system (hormonal system).

5000 years ago when life was slower, Chinese medical doctors used astragalus root to support the immune system and provide natural energy. They often blended the root in a formula customized to the person's constitution and needs. Today we are moving so much faster with a lot more stress in our daily life; including stress from our environment (toxins), emotional (home and work), and physical bodies. Over time it wears on the body creating signs of fatigue, anxiety, nervousness, and a compromised immune system. Too much stress may create problems with other organs and glands; this applies to humans and animal friends.

In western herbalism, Astragalus Root is known as an adaptogen. Adaptogens help the body adapt to stress by normalizing body chemistry, which helps increase the resis-

tance to stress by replenishing the adrenal glands. The beauty of herbs is they support glands and/or organs most in need; as well as supporting other glands and organs. Liver health is very important for hormone balance. Part of the liver's job is to cleanse chemical toxins from the body. These toxins mimic estrogen and too much estrogen creates extreme hormonal imbalance. The body is brilliant and is designed to take from one place to replenish another when there is enough in reserve to do so. If not, depletion may occur creating ill health. It is very common to see thyroid problems when there are adrenal gland imbalances.

European botanists wrote about Astragalus' medicinal qualities in the 1700s. A tea of the roots was used by the Dakota tribes as a febrifuge for children. The Lakotas crushed the roots and chewed it for chest and back pains and to relieve coughing. Also, a vapour was inhaled to treat a child's aching chest. When combined with the roots of wild licorice, it arrested the spitting of blood. Lakota women, who had little or no breast milk, chewed the roots to promote milk production. The Cheyenne used one species for treatment of poison ivy or dermatitis. They also ground the leaves and stems and sprinkled the powder on weepy, inflamed, skin conditions. The amazing healing properties of this plant!

Astragalus Root is a diuretic, lowers blood pressure, is considered a Qi tonic, antiviral, helps maintain good natural energy throughout the day, strengthens digestion, promotes wound and injury healing, and strengthens chronic lung conditions. It has a sweet taste and is slightly warming. It is best mixed in a formula for long-term use, as it is high in selenium which can be toxic in high doses for those who live in areas which have a high selenium content in the soil. It blends well with; Hawthorn leaf, berry and flower to stimulate adrenal cortex, sea vegetables and/or spirulina for iodine/potassium, skullcap for reducing stress, or burdock root to balance glands and hormones.

Please see Carola's ad on page 23. She is certified as a Nutrition Consultant and Massage Practitioner.



West Wind Flags

Eastern Light Illuminating Western Hearts
Universal Flags for Peace, Compassion & Healing

Now available in Canada thru Ravenheart Farms

All flags are Fair Trade and 100% cotton made by a family of Tibetan Buddhist prayer flag makers in Kathmandu, Nepal.

To order call (306) 542-3557 or email: ravenheart@sasktel.net
www.ravenheartfarms.com www.westwindcollection.com

The Threads that Bind Us

Metaphysical Services, Gifts & Thrift

Workshops, Tarot and Psychic Readings, Reiki and Healing Services, Metaphysical Library, Crystals, Books, Ritual Supplies, Incense, Jewellery, Aromatherapy Products, Local Artisans' Crafts, Music and of course Thrift.

3004 B 31st Street, **Vernon**
Phone: 250 540-0341



www.TheThreadsThatBindUs.net

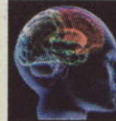
Way of Life Matters

**Simple Remedies
for Holistic Health**
for People and Animal Friends

**Holistic Nutrition &
Bodywork Therapies**

Carola Schleuss, CNC, CMP
250-825-0105

www.wayoflifematters.com



What can EEG
Neurofeedback
do for you?



CHILDREN • nightmares • bedwetting
ADD/ADHD • disruptive behaviour

ADULTS • depression • poor memory
addictions • anxiety • migraines
PTSD • sleep disorders • anger

Google: www.nelsonneurofeedback.com

Dr. Skip LaFleur, TCM • 250-825-0105

Market Place

*Best priced ads anywhere,
25,000 views and more.*

Ad rates on page 4.

Animal Communication



Communication with your beloved
animal friend to help with health and
behavior issues. Animal Communication
Correspondence Course available

www.animal-communicators.com
www.iridology-courses.com

Georgina Cyr 250 723-0068

Pascalite Clay

Free Sample

The original EE-WA-Kee: the native healing earth
Not your ordinary clay
Antibacterial, Antifungal & a natural Antibiotic

- Hemorrhoids
- Stomach ulcer
- Gums and Skin
- Facial treatment
- Baby powder and more

CALL

For free sample & information
250-446-2455
www.pascalite.ca

Wild Roots Herbal Learning Centre



- ✦ Promoting Health and Healing in the Wise Woman Way
- ✦ Reclaiming the Traditional Roots of Herbalism
- ✦ Classes, Workshops and Certificate Programs
- ✦ Traditional Herbalism, Herbal Medicine Making, Wildcrafting, Ethnobotany, Plant Identification and more.

Accepting Registrations
For more info. call 250-838-6777
or visit www.wildrootsherbs.com

Shawanda Rocks

Crystal & Gems
Holistic Wellness Center



177 Rutland Rd, Kelowna
BC • 250-765-1779

www.Shawanda.ca

Nathalie Begin

RNCP, CCH, CCI

**Multidimensional Iridology
Therapeutic Lifestyle Consultations
Cleansing/Detox Protocols
Colon Hydrotherapy**

By appointment

250 768-1141

West Kelowna, BC

www.Nutrition4Life.ca



gaia rising

metaphysical
tools
and
new age
books



356 baker st, nelson, bc
(250) 354-4471 • (866) 368-8835

OPEN DAILY-tax free sundays

www.gaiaising.com



ॐ LOVE of SHIVA ॐ

Gemstones. Fossils. Jewelry. Beads. Statues.
Masks. Lanterns. Textiles. Silks. Scarves.
Bags, Purses & Wallets. Musical Instruments.
Incense. Tribal Art. Bellydance.
Spiritual Supplies. Gifts...and more!

Visit our Crystal Cave with UV
Fluorescent Minerals!

526 Stanley St.
NELSON, BC
250.352.7418

GM apple will jeopardize the Okanagan's reputation

Groups in BC's Okanagan Valley united to appeal to the local company *Okanagan Specialty Fruits* to stop pursuing a genetically engineered (genetically modified or GM) "nonbrowning" apple which they say jeopardizes the reputation of the Okanagan as a pristine fruit-growing area.

The Okanagan-based groups Bee SAFE, Okanagan Greens Society, the True Food Foundation, and the Similkameen Okanagan Organic Treefruit Growers' Association have sent a joint letter asking the company to withdraw its applications. The groups have also launched a petition asking the provincial government to take action.

"Okanagan growers were the first to reject this GM apple over ten years ago! Now the name of our beautiful valley is being sullied by association with this GM apple," said Fred Danenhower, President of the Similkameen Okanagan Organic Treefruit Growers' Association "Organic and conventional apple growers are very concerned for their future if this GM apple is approved."

A recent consumer poll found that 69% of Canadians do not want the GM apple. "We don't want the Okanagan Valley to be known across the world as the home of the GM apple. Many tourists come here to pick our famous fruit and people across Canada choose BC apples," said Heidi Osterman of the True Food Foundation, "We want all Canadians to know that we'll protect our apples from this genetic experiment."

www.cban.ca/apple

Sunday September 23, 2012 11am-5pm

7TH ANNUAL ORGANIC OKANAGAN FESTIVAL

LOVE THE APPLE NO GMO

Apple Tastinas

Apple Pies

Apple Juicing

4870 Chute Lake Rd Kelowna BC

Hosted By

SUMMERHILL

Activist Alley,
Green Living Expo with over
60 exhibitors. Live Music,
Certified Organic Farmer's Market,
Eco Presentations,
Fortis BC Kids Zone
and much more!

General Admission \$7
+ Kelowna Food Bank Donation
Help Raise 2000 lbs of food!
Students & Seniors \$5
Kids Under 12 Free
Cyclists \$3 Admission
Free bike valet
service courtesy of

ORGANIC WEEK
September 22-29, 2012 - organicweek.ca

KAC

ENJOY 🍏 SHOP 🍏 SAMPLE 🍏 LEARN

Join our festival....www.okanagangreens.ca

A Remedy for All Seasons

Wild Oregano Oil

by Roger Baird

The meteoric rise of Oregano oil into the top selling natural health products in America was fueled by word of mouth. Word got out that Oregano oil was helping with a multitude of health challenges that had resisted other treatments.

The use of Oregano as a culinary and medicinal herb goes back thousands of years. The ancient Greeks used it for upper respiratory complaints, stomach and digestive problems and poisoning.

Modern research has confirmed that Oregano oil works as an antibacterial, antiviral, antifungal, anti-parasitic, antioxidant, anti-venom, pain reliever, expectorant, anti-carcinogenic, anti-mutagenic, antirheumatic and increases oxygen levels in the blood. It aids in digestion and stimulates the pancreas. It is effective in treating stomach ulcers. It is also an immune modulator. This means that people with auto-immune diseases can use Oregano oil. Oregano oil keeps the immune system in top shape without making it overactive.

Bacteria, viruses, fungi and parasites cannot build up resistance to Oregano oil. It kills antibiotic resistant bacteria such as MRSA as well as most of the bacteria that cause common infections and food poisoning.

Usage: The following recommended dosages are based on a diluted product with a 1 part Oregano oil to 4 parts olive oil.

For adults start with 2-3 drops under the tongue and hold there for a minute for faster absorption. You can swish it around in your mouth to kill bacteria on teeth and gums. Repeat 2-3 times daily. For stubborn conditions like Candida or Heliobacter infection, you can gradually increase dosages by a drop or two daily

to a maximum of 6 drops 5 times daily. Oregano is eliminated from the blood every 4 hours so taking it every 3 hours keeps the blood levels up. At the first sign of a cold or flu, take a drop or two every hour throughout the day and the symptoms should disappear by the following morning.

For external use, apply as often as needed to acne, psoriasis, athlete's foot, bug bites or as an insect repellent. Use immediately on minor burns to get rid of pain almost instantly and to prevent blistering. When applied to a splinter, it will work its way out in a few hours and be easy to extract. Avoid putting the oil directly on sensitive skin areas and mucous membranes. Add to shampoo to treat dandruff and put in liquid soap to increase disinfectant power safely.

To avoid a Herxheimer reaction, drink plenty of water throughout the day to flush toxins from your body before symptoms manifest.

Animals benefit from external and internal use of oregano oil. Use externally to treat skin and coat problems, fungus on horses hooves, infections and to speed healing. Internally use for any illness, infections, digestion problems, parasites and much more.

Oregano oil is a must-have in purse, pocket, medicine chest and especially when travelling or in the great outdoors. It is versatile and potent. Try a bottle and you will be amazed at the benefits you receive. Copyright 2012 Roger Baird

Please see ad below

Hedda Wyn Essentials

THE GOLD STANDARD

New Radiance Tamanu Oil
Problem Skin Nature Provides

Wild Oil of Oregano
"Let food be thy medicine,"
Hippocrates

New! Fresh Face
100% plant based facial creme
with Tamanu and Sea Buckthorn Berry
Repairs and Rejuvenates your skin

Available at Fine Health Food Stores
www.wildoiloforegano.com / www.heddawyn.com

THE VAGUS NERVE

by Wayne Still



Rolf

Practitioner

Ida Rolf's Structural Integration
and Body Work

Susan Book GSI Certified
Practitioner

Nelson • Creston • Grand Forks
250 551-5544

scorpp88@hotmail.com
www.rolfguild.org



gravity therapy

Posture • Alignment • Fascia
Rolf Structural Integration



Aga de Zwart

Nelson Medical Clinic
Nelson, BC

appts: 250 352-6611

enquiries:
250 505-9275

Rolf Structural Integration
Practitioner

www.gravitytherapy.com

The body's electrical circuitry is our nervous system, made up of motor and sensory nerves. Motor nerves tell the various parts of the body what to do. Sensory nerves provide feedback as well as monitoring the environment in which the body finds itself. Nerves are like trees in that they have main trunks which branch into smaller and smaller fibres. Most of the nerves travel from the brain via the spinal cord, leaving it to make their way to the body part they affect, often taking the same path as arteries and veins.

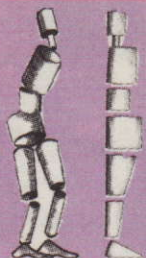
There is another class of nerves known as cranial nerves which leave the brain directly through openings in the skull. Some of these nerves affect the face and upper body with the longest of them being the vagus nerve. It exits the base of the skull at our old friend C-1. From there it continues down the side of the neck branching as it goes to influence the function of the organs in the throat. On its downward path it wraps around the esophagus with branches to the lungs and heart. Continuing along the esophagus it sends branches to the diaphragm, stomach, small intestine and colon. It is with these branches that it makes contact with the enteric or gut brain.

The enteric brain in our gut contains as many neurons as the brain we are more aware of in our skull. It is capable of learning, has the same emotional responses as the cranial brain and can act independently. The vagus nerve connects these two control centres. It is the means by which the two communicate. When we get butterflies in our stomach accompanied by a dry mouth prior to making a speech, we are experiencing the interplay of these two nerve centres communicating via the vagus nerve. The increased heart rate and tightness in the throat are influenced by those branches of the vagus nerve.

From a therapeutic point of view the vagus nerve offers some interesting options to make changes along its path. For the most part it is not directly accessible to palpate. The one place where it can be felt is at the side of the throat where it lies between the carotid artery and the jugular vein. If you feel the pulse in your neck using a light touch and move just slightly off the carotid artery, you will be on the vagus nerve. A gentle upward movement of your fingers will be felt as a pull along your esophagus. A downward movement will be felt around the ear and base of the skull. The vagus nerve is delicate so should always be treated very gently.

Often a stiff neck will respond well to having the vagus nerve released. In my practice that is often my go-to place when other techniques fail to get the length I am looking for in the neck tissues. Also by accessing the vagus nerve indirectly via the esophagus, positive changes can be made to a hiatus hernia or acid reflux.

Among the many wonders of the human body the vagus nerve stands out both in its basic function and as a means to affect positive change in the organism.



STRUCTURAL INTEGRATION

Visceral Manipulation & NeuroManipulation

INCREASE RANGE OF MOTION • RELIEVE CHRONIC PAIN • LASTING RESULTS

Penticton office, 477 Martin #1 • Kelowna office: 1638 Pandosy, #2

250 488-0019 for appointment



WAYNE STILL, GSI

siguy@telus.net

www.siguy.ca

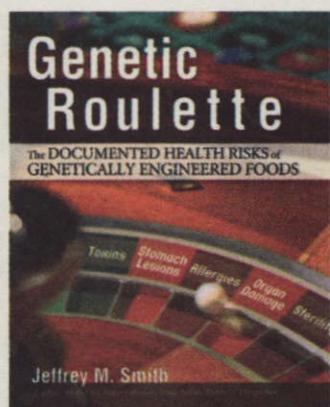
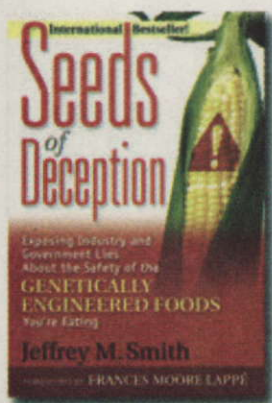
Food for Thought

by Marion Desborough



How much do you know about Genetically Engineered Foods?

Time for everyone to get an understanding of what is really happening in the GMO world. Jeffrey M. Smith, is the author of the world's bestselling and #1 rated book on the health dangers genetically modified organisms (GMOs). His meticulous research documents how biotech companies continue to mislead legislators and safety officials to put the health of society at risk, and the environment in peril.



His first book *Seeds of Deception: Exposing Industry and Government Lies about the Safety of the Genetically Engineered Foods You're Eating* masterfully combines the art of storytelling and investigative reporting. While many of the stories in this book reveal government and corporate maneuvering worthy of an adventure novel, the impact of GM foods is personal. Most people in North America eat them at every meal. The book not only dismantles the U.S. position that the foods are safe, they inform you of the steps you can take to protect yourself and your family.

His second book, *Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods*, is the authoritative work on GMO health dangers. It includes 65 health dangers, linking GMOs in our food to toxic and allergic reactions, infertility, and damage to virtually every internal organ studied in lab animals. The book expertly summarizes why the safety assessments conducted by the FDA and regulators worldwide teeter on a foundation of outdated science and false assumptions, and why GM foods must urgently become our nation's top food safety priority. A former UK environment minister says the revelations in *Genetic Roulette* may "change the global course of events this century."

Joan Dye Gussow, author of *This Organic Life* and Professor Emeritus of Nutrition and Education at Columbia University,

says *Genetic Roulette* is "remarkably thorough, well-written, brilliantly designed, and deeply disturbing." She urges people to, "Read this book, or skim it—a feat the author has enabled with a format that allows for scanning the 65 two-page spreads, each dedicated to a different adverse finding or theoretical risk of GM foods. The left side's executive summary offers knowledge at a glance. Flip through the pages in a few minutes and you will be struck by reports of hundreds of people with toxic or allergic reactions, thousands of sick, sterile or dead animals, and countless ways in which GM foods are inherently dangerous and virtually untested. The explanations on the right side show that lab animals fed GM soy had altered sperm cells and embryos, and a five-fold increase in infant mortality, or that genes might transfer from GM corn to turn your intestinal bacteria into living pesticide factories—for the long-term. These and other meticulously documented revelations shred the baseless arguments used by the industry to defend their products.

Mr. Smith has united leaders to support, *The Campaign for Healthier Eating in America*, a revolutionary industry and consumer movement to remove GMOs from the US food supply. He is the executive director of the Institute for Responsible Technology, producer of the films *Hidden Dangers in Kids' Meals* and *Your Milk on Drugs—Just Say No!*, writes an internationally syndicated column, *Spilling the Beans*, has a regular blog on the popular Huffington Post, and is followed on Facebook, Twitter, and YouTube.

Mr. Smith influenced the first state laws in the United States regulating GMOs and continues to counsel leaders on every continent to end the use of genetically engineered bovine growth hormone (rbGH or rbST). Mr. Smith has lectured in 30 countries and has been quoted by world leaders and hundreds of media outlets including, The New York Times, Washington Post, BBC World Service, Nature, The Independent, Daily Telegraph, New Scientist, The Times (London), Associated Press, Reuters News Service, LA Times, Time Magazine and Genetic Engineering News. He is also a popular guest on influential radio shows and television programs, such as the BBC, NPR, Fox News, Democracy Now and the Dr. Oz Show.

The Institute for Responsible Technology's Campaign for Healthier Eating in America mobilizes citizens, organizations, businesses, and the media, to achieve the tipping point of consumer rejection of genetically modified foods.

The Institute produces a wide range of consumer education and advocacy tools for its visitors and newsletter readers, including the nation's most popular non-GMO in-store brand publication, the Non-GMO Shopping Guide.

The Institute informs policy makers and the public around the world about the risks and impacts of GMOs on health, environment, agriculture, the global economy, and the problems associated with current research, regulation, corporate practices, and reporting.

Mr. Smith lives with his wife in Iowa, surrounded by genetically modified soybeans and corn.

Sign up for his newsletters and get yourself educated!
www.responsibletechnology.org

PUKKA

Gold Metal Tea Blends From England
Soil Association Certified Organic



Advantage Health Matters
Prevention • Regeneration • Longevity
www.advantagehealthmatters.com

Available At Your Favourite
Health Food Store

The Food Project

by Anim Steel • Adapted from a speech delivered to the 2011 Bioneers conference and reported in YES, Magazine.

Back in the 18th century, you could see all the way along the Atlantic coast an unbroken line of plantations that stretched from Buenos Aires to Baltimore. Down this entire line, slaves harvested sugar for British tea, rice for the West Indian consumption, and cotton for the textile mills of New England. These were vast monocrops that broke the body and ruined the soil—but made money for planters and big companies that traded the goods.

Here, you see the logic of the modern industrial food system in its rawest form—a logic of prioritizing profit over human and environmental welfare and today's industrial food system. In this system, it is in the interest of the middleman—large companies that dominate the processing and distribution of food—to squeeze farmers and externalize costs. The industrial model may work for some things, but it's time to admit that it doesn't work for food. It doesn't work for a tomato-picker in Florida, who toils from dawn to dusk and cannot escape poverty. It's not good for the farmers in Illinois who have nearly been bullied out of existence by Monsanto. It's not good for teenagers in Brooklyn who, when asked how many of them have diabetes or know someone with diabetes, raise every hand in the room. And it's certainly not good for the 99 percent of us who are left holding the bag of rising health care costs.

If it doesn't work for anyone, then why are we supporting it? There is always a choice, as there was in 1787, when twelve men, mostly Quakers, went inside for a meeting in London, England, and changed the world.

A world without slavery then would be like imagining a world without oil today—and who would be crazy enough to propose that? That meeting sparked the beginning of the British Anti-Slavery Society. Its members ran petitions, lobbied parliament, and staged book tours, pioneering many of the social movement tactics we still use today. In ten years, this group of twelve swelled to hundreds of thousands. And in just a few decades, it did the unthinkable: It ended the slave trade throughout the British Empire.

Those activists had no knowledge of the future, but they did have their conviction of what was right and what was wrong. This is the spirit that sparked the Real Food Challenge: a project that started in 2006, when college students who were active on their campuses started pushing for local food and asking for fair trade coffee and organic produce. Colleges and universities spend over \$5 billion each year to feed students. What if we could shift how that money was being spent? Why not support smaller farms and socially responsible business? Strong leadership from students brought about a transformation in the way our food is produced and allows our heritage as farmers to continue as we design better ways to feed everyone, for there is enough for all.

A Venue 2 Ascension is NOW OPEN

Metaphysical Centre
Penticton, BC

101 - 737 Main St.

778 476-5832

In a world where you can be
anything, BE yourself!

Crystal Rose

www.spiritualityspeaking.com

www.avenue2ascension.com

Intermediate Meditation

Feeling a little 'stuck' in your meditation? This workshop will help you out of your meditation doldrums. You will experience new ways to use meditation to obtain guidance and direction for your daily life. We will explore and learn to identify the various levels experienced in the meditation world.

WHEN: September 14, 15, 16

WHERE: West Kelowna, BC

CONTACT: Cheryl 250.768.2217

Contribution: \$250

Advanced Meditation

You will expand and deepen your meditation experience. Your meditation then becomes truly a transformational path of the heart and mind. Allowing you to heal and open to your love, compassion, courage and expansiveness leading you to your "God Within".

WHEN: September 28, 29, 30

WHERE: West Kelowna, BC

CONTACT: Cheryl 250.768.2217

Contribution: \$250

Advanced Spiritual Intensive

This is a much requested class by those who have already completed the Spiritual Intensive. Our focus during these four weekends will be totally on heart and soul. Expect another transformation. You will experience new techniques as well as expand and deepen much of the work begun in the Spiritual Intensive.

WHEN: November 2, 3, 4; January 4, 5, 6;
March 1, 2, 3; May 3, 4, 5

WHERE: West Kelowna, BC

CONTACT: Cheryl 250.768-2217

Contribution: \$975

Masters Retreats

October 19, 20, 21

October 26, 27, 28

December 14, 15, 16

WHERE:

West Kelowna, BC

Cheryl 250.768.2217

Contribution: \$250

Cheryl Forrest



Intuitive Counselling

A psychic portrait of your energy field with taped interpretations.

250.768.2217

West Kelowna, BC

Masters & Money

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

WHEN: November 16, 17, 18

WHERE: West Kelowna, BC

CONTACT: Cheryl 250.768.2217

Contribution: \$250

The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

As we move into harvest time, vegetables are in abundance so fresh food cooking options are at their best, especially if you are someone who eat locally grown foods. Apparently our bodies are best adapted to the foods that grow in the area that we live in. If you have a good selection of spices on hand, we can get some eggplant, bell peppers, zucchini and tomatoes to mix with your standard on-hand items such as onions and garlic and make a French Provençal stewed vegetable dish.

Bon Appetit *Richard*



Utensils: a large sharp knife
a large, heavy-bottomed pot with a lid
wooden stir spoon • a cutting board
measuring cup and spoons.
• If you have one, use an apron so you look like you know what you are doing... and to keep your clothes clean.

Ratatouille

This recipe feeds 6 - 8 people.

Ingredients:

- 3 tablespoons of 'cold pressed' **Olive Oil** (I use this oil lots!)
- 5 cloves of **Garlic** (crushed),
- 2 **Bay Leaves**
- 2 medium **Onions** (chopped)
- 2 medium **Eggplants** (peeled and cut into bit-size chunks)
(If you do not like eggplant substitute more zucchini.)
- 1-1/2 teaspoons of **Salt**
- 1-1/2 teaspoons of **Oregano**
- 2 teaspoons of **Basil**
- 1/2 teaspoon of **Thyme**
- 1/2 teaspoon of **Rosemary**
- 2 to 3 Cups of fresh **Zucchini** (cubed)
- 2 or 3 red, yellow or orange **Bell Peppers** (bit-size chunks)
- 4 medium sized **Fresh Tomatoes** (diced)
-or- a 14-1/2 ounce can of crushed tomatoes
- 1/2 teaspoon of **Black Pepper**
... if you have fresh parsley use it as a topping

'Fluffy' Brown Rice

[Makes 4 cups] You need the following:

- Fry pan with tight fitting lid • 1 tsp. salt
- 2 cups brown rice • 4 cups boiling water

Put the water on to boil in a separate pot, heat the fry pan then add the rice.

Dry roast it, stirring frequently, until fragrant. Take it off the heat - Add the boiling water and quickly put on the lid.

Once it has calmed down add the salt.

Put it on very low heat just to keep the water gently boiling with the lid on.

Once it is cooking DO NOT STIR.

Cook for 40 minutes until the water is absorbed.

Directions:

- In a large pot heat the oil then add the onions, garlic and bay Leaves and cook until the onion is translucent.
- Add the eggplant, salt and spices (not the pepper) cook on medium heat for about 20 minutes until the eggplant is tender. (Stir occasionally)
- Stir in the bell peppers, tomatoes, zucchini and black pepper. It usually takes around 10 minutes for the peppers to become tender.
- Serve it at any temperature.

We usually serve it hot on a bed of warm brown rice and garnish it with fresh parsley.

Is Algae the fuel of the future ?

Algae fuel is an alternative to fossil fuel that releases CO₂ when burnt, but unlike fossil fuel the CO₂ is taken out of the atmosphere by the growing algae. High oil prices, competing demands between foods and other biofuel sources, and the world food crisis have ignited interest in algaculture (farming algae) for making vegetable oil, biodiesel, bioethanol, biogasoline, biomethanol, biobutanol and other biofuels.

Among algae fuels' attractive characteristics: they can be grown with minimal impact on fresh water resources, can be produced using ocean and wastewater, and are biodegradable and relatively harmless to the environment if spilled. Algae fuel costs more per unit mass, due to high capital and operating costs, yet are claimed to yield between 10 and 100 times more fuel per unit area than other second-generation biofuel crops.

Algae can produce up to 300 times more oil per acre than conventional crops, such as rapeseed, palms, soybeans, or jatropha. As algae have a harvesting cycle of 1-10 days, it permits several harvests in a very short time frame, a strategy differing from yearly crops. Algae can also be grown on land that is not suitable for other established crops, for instance, arid land, land with excessively saline soil, and drought-stricken land. This minimizes the issue of taking away pieces of land from the cultivation of food crops. They can also be grown on the surface of the ocean and grow 20 to 30 times faster than food crops.

Most companies pursuing algae as a source of biofuels are pumping nutrient-rich water through plastic or borosilicate glass tubes (called "bioreactors") that are exposed to sunlight (and so called photobioreactors or PBR). Running a PBR is more difficult than an open pond, and more costly, but may provide a higher level of control and productivity. Because algae strains with lower lipid content may grow as much as 30 times faster than those with high lipid content, the difficulties in efficient biodiesel production from algae lie in finding an algae strain with a combination of high lipid content and fast growth rate, that isn't too difficult to harvest; and a cost-effective

by Antony Chauvet



cultivation system that is best suited to that strain. There is also a need to provide concentrated CO₂ to increase the rate of production.

Another obstacle preventing widespread mass production of algae for biofuel production has been the equipment and structures needed to begin growing algae in large quantities. Maximum use of existing agriculture processes and hardware is the goal. In a closed system (not exposed to open air) there is not the problem of contamination by other organisms blown in by the air. The problem for a closed system is finding a cheap source of sterile CO₂. Several experimenters have found the CO₂ from a smokestack works well for growing algae. To be economical, some experts think that algae farming for biofuels will have to be done as part of cogeneration, where it can make use of waste heat, and help soak up pollution.

There is always uncertainty about the success of new products and investors have to consider carefully the proper energy sources in which to invest. A drop in fossil fuel oil prices might make consumers and therefore investors lose interest in renewable energy. Algal fuel companies are learning that investors have different expectations about returns and length of investments.

Whereas technical problems, such as harvesting, are being addressed successfully by the industry, the high upfront investment of algae-to-biofuels facilities is seen by many as a major obstacle. An estimate I found is that algae oil would only be competitive at an oil price of \$800 per barrel. Unless new, cheaper ways of harnessing algae for biofuels production are found, they may never become economically accessible but Blue Marble and Solazyme have mass-produced algae.



Dale Rowe
780-257-8963
Edmonton, AB

Best prices on solar equipment!

Solar saves money to hedge against energy price increases. www.thatssolarplace.ca



ANAESTHESIA:

MORE IS "GOING UNDER" THAN YOU THINK!

by Dr. Ursula

I recently spoke to a physician who had had delicate and complicated surgery and had opted for local instead of general anaesthesia. On hearing this I was surprised. What would make someone want to be awake for such an event? As I discovered, only someone who has "inside information" on the dangers of anaesthesia.

As a homeopathic toxicologist, I was aware of the toxic drugs used in anaesthesia, but did not know the full extent to which they could cause long-term effects in certain people. While anaesthesia is an indispensable part of the medical world, we need to be cautious in its use.

One of the most vulnerable age groups is infants and young children. Research shows that even a routine anaesthetic could pose the risk of neurotoxicity in the brains of these age groups. Certain anaesthetics appear to cause neurodegeneration involving persistent memory problems and learning difficulties later in life. Another study showed that prolonged anaesthesia in the young led to decreased weight gain. Apparently, the FDA has advised the medical community to consider alternative non-surgical therapies for infants and young children.

Another vulnerable age group is the seniors. Recently, new evidence has pointed to two adverse effects that anaesthesia may be responsible for in the elderly surgical patients. One is called Post-Operative Cognitive Disorder (POCD) which some studies regard as a form of "brain damage" that they believe to be not only irreversible but untreatable. Because anaesthesia affects the release of neurotransmitters in the Central Nervous System, memory processes may become damaged.

Recent reports further suggest that Alzheimer's can become accelerated by anaesthesia and surgery. In fact, one study reported that patients having coronary artery bypass surgery under general anaesthesia were 70% more likely to develop Alzheimer's Disease than those having angioplasty under local anaesthesia. Here's a quote from a recent study that casts the shadow of vulnerability much earlier than the retirement years: "In addition, the age of onset of AD (Alzheimer's Disease) was inversely related to the cumulative exposure to anaesthesia BEFORE AGE 50." This brings the problem closer to home for most of us.

Another dangerous complication could be an allergic reaction which could become fatal. I have had several patients who had complications and others had trouble coming out of anaesthesia, taking twice as long to recover. Regulation Thermography has an index where it gauges the patient's sensitivity to anaesthesia in the likelihood of surgery. It will show if the patient is in the safe or unsafe zone.

After anaesthesia and surgery, the whole body system, including the spirit, is out of balance. Some homeopaths believe that there is a dislocation of the spirit from the body after general anaesthesia, and that the link between the pineal and the pituitary gland may be destroyed. This may result in severe emotional distress. Women are usually more affected than men because they

OK In Health eMagazine Presents



14 Day Celtic Angel Tour to Ireland

with Irish Guide Maria Carr
& AEP Angel Guide Cindy Smith

Connect to Your
Angel Team
Empowered
By the Land of
Ancient
Celtic Energy
& Wisdom

Explore
Stone Circles
Ancient Sites
FUN Adventures
See the real Ireland!

See Ireland thru Irish Eyes and Angel Eyes

March 2013 celtic-healing@shaw.ca

www.okinhealth.com



OK
In Health
e-Magazine

Celtic Healing Tours
K.Banks Travel
AEP Tour



Have you ever dreamed of going to Ireland?

need more anaesthesia. There are documented suicide cases linked to post-surgery depression and anxiety. I read one case of a woman who described her post-anaesthesia emotional state as "issues I normally could work through easily became unbearable and broke me down."

In homeopathic terms, we call this scenario NWS (never well since) anaesthesia/surgery. These patients will say things like "I haven't been the same since my surgery" or "I don't know who I am anymore" or "I don't feel like me anymore." However, homeopathy can treat all of these symptoms. Remedies are given before the anaesthesia to protect the patient as well as after the surgery to detox the patient. Remedies can actually be made from the specific anaesthesia in order to pull out its toxic imprint from the body/psyche/spirit.

Clearly, anaesthesia is not to be taken lightly. There are probably many people suffering from some of the long-term side-effects mentioned here, yet they have no clue as to their link to anaesthesia. The good news is that with Regulation Thermography there is a way to detect sensitivity, and with Homeopathic Toxicology there is a system to clear out the lasting imprint of anaesthesia even after many years.

see ad to the right

Irlen Syndrome



If you suffer

from headaches, if you are bothered by fluorescent lights, if you are bothered by headlights at night, if you are bothered by black print on white paper, if you are bothered by overheads and computer screens, if you prefer to read and write in darker places, with less light, if you have been diagnosed with dyslexia, ADHD, learning difficulties, disabilities or autism—you could have Irlen Syndrome, which is easily identified by a certified Irlen Screener and easily treated with Irlen tinted glasses.

For more info visit **www.irlen.ca**
and do their self-test

Bonnie Williams, Irlen Diagnostician
irlenbc@shaw.ca • 250 808-6192

Every dollar you spend is
a Vote for
what you believe in!



Okanagan Thermography +

- **Safe BREAST, THYROID & BODY SCAN**
- Pain and radiation free • FDA approved
- Cancer support treatments
- Homeopathic Toxicology

Dr. Ursula, MA, DHM Doctor of Homeopathic Medicine
Kelowna • 250 864-5260
www.oktherm.ca



IS THIS YOU?

*Are books, workshops, affirmations and counselling not getting you the results you want?
Are you feeling stuck?*


CORE BELIEF
ENGINEERING



est.1983

- Rapid** - Months instead of years
- Gentle** - No need to relive traumatic experiences
- Lasting** - Changes last and accumulate

LAARA K. BRACKEN, B.Sc.
Certified Master Practitioner, 26 years experience

call Kelowna 250 763-6265
or click on: **www.changecorebeliefs.com**

Phone Sessions Available

What happens in a session?

CBE believes that most of our core beliefs about life and ourselves were in place by six years. They were adopted from parents or other authorities or were decisions made by a young child in order to survive mentally, emotionally or physically in a world he/she didn't understand. We forget about them and they become a part of our subconscious which has a great effect on how we think, feel and act, usually before we have time to think. Later on if we decide to do or be something in opposition to these original core beliefs there is a feeling of push-pull or being "stuck" A part of you believes one thing and a part of you believes another.

CBE gently accesses that part of you that holds the old beliefs and in sessions that take 4-5 hours we can turn that part completely around so it now supports what you choose as a conscious adult. A thorough transformation of the old beliefs, thoughts and emotions is conducted on your spiritual level (if that is within your belief system) mental, emotional and physical layers, down past the level of your cells so your changes last and accumulate over time.

A FAMILIARIZATION AFTERNOON
Sept. 22 • 2-4 pm • \$10 • Main Library

Kelowna Wellness Fair

Wellness Products and Services for
Mind, Body and Spirit

Sat-Sun, October 13-14

10am to 5pm

**Parkinson Recreation Centre
1800 Parkinson Way**

skin care vitamins supplements cleansig
massage therapy chiropractors salons
clothing yoga studios hot tubs
physical, massage & health technologies
temples, churches, spiritual & healing centres
meditation tai chi, reiki, positive energy
food, drink, wine, beer, sales
samples, gifts, art, face painting

**Admission
is
Free**

Contact Chris Madsen
chris@bodyandsoulwellnessfair.com
250-558-1960

**Exhibitor
Space Still
Available!**

www.KelownaWellnessFair.com

THE ART OF INTIMACY

Thomas Malone, MD
Patrick Malone, MD

reviewed by Angèle



This great book was written in 1987 and helps me grasp what it means to be intimate. It is derived from two Latin words. Intimus refers to that which is innermost, and the word intimare means to hint at, announce, publish or make known. Combining these meanings leads us to see the process of intimacy as "making known that which is innermost."

Thomas Malone says it that the outstanding quality of the intimate experience is the "sense of being in touch with our real selves." To risk self-disclosure presupposes a certain self-awareness and self-intimacy that allows me to share who I am. Affective maturity involves having the relational skills to more effectively identify, understand and express real feelings while having a growing capacity to listen, understand, and empathize with their experiences.

Very quickly, familiarity becomes the goal of most pairings. Experience is avoided, because it might jeopardize the relationship by making something change. Experience is avoided as it feels threatening. The simple truth of nature is what does not grows dies. Nature knows no unchanging states.

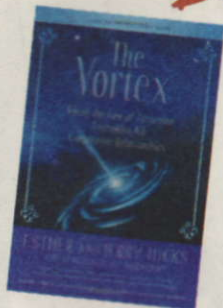
Change and growth involve confronting life's challenges head on with a spirit of honesty and empathy rather than giving in to fear, self-doubt or anxiety. Ultimately growth in healthy intimacy and affective maturity involves naming, claiming and embracing old hurts and negative scripts from families of origin and making conscious decisions to act with integrity.

To feel the shift in intimacy one needs to experience something strange, different. A way that allows both you and the *other* to become different with each other. Intimacy thrives on new learning experience for *self*. In intimacy, the strangeness in the other allows and even invokes the new and strange we find in *ourselves*. This is why the intimate experience is so energizing: it changes the relationship, but more important, it increases our awareness of ourselves. It allows us to change. To realize our search for this difference, this strangeness, helps us to understand experiential pairing, and why in it we seek the other face of ourselves in someone else.

The intimate experience is usually short-lived and is often called intimate moments. Relationships bring us closeness and familiarity; experience brings us intimacy and strangeness. That is why people say "What an experience." They felt intimate. They are energized, animated, and changed.

This is a sample of the deepness the father-son team delve into so we can be part of the shift to grow and evolve. They are clear that we should not confuse 'closeness' in the fixed organization of relationships with genuine intimacy, which is one of our deepest human needs.

Book Reviews *by Christina Drummond*



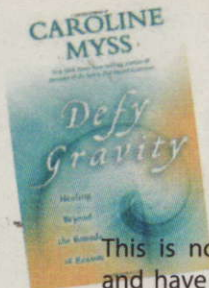
The Vortex

Where the Law of Attraction Assembles All Cooperative Relationships

Esther and Jerry Hicks

The text on the back of this book states: "This Leading Edge work... will help you understand every relationship you are currently involved in, as well as every one you have ever experienced". You may feel that there are relationships, or aspects of them at least, that you do not wish to revisit, but then there is the prospect of comprehension and the lightness of liberty. This book is divided into five main parts plus a transcription of a Law of Attraction workshop: Learning to Attract Joyous Co-creators; The Perfect Mate – Getting One, Being One, Attracting One; Sexuality, Sensuality, and the Opinions of Others; Creating Positive Parent/Child Relationships in a World of Contrast; and, Appreciation, the "Magical" Key to Your Vortex.

There are certainly plenty of books available on relationships. What I like about this one in particular is the question-and answer-format – there is a lot of information to consider, and plenty of the responses will lead you to consider how you may function and/or make changes in your own life and with your own relationships. As the authors acknowledge, utilizing this book may enable you to allow your life to incrementally improve, spiral towards betterment, or receive a paradigm shift that propels you from powerlessness to joyous alignment with your natural state of well-being. The tools are here, the work and the intention are yours.



Defy Gravity

Healing Beyond the Bounds of Reason

Caroline Myss

This is not a book you can just read and have done with, nor is it one that you can browse through – it requires concentration and focus. You are also encouraged to use it as a learning tool, to aspire to, and gain, a life beyond illness, living in what the author refers to as a field of grace.

Caroline Myss suggests that we think of ourselves as living on an energy budget, where we dole out energy in payments for the negative patterns we continue to pursue, and at some point we reach a time when we do not have enough energy to help and heal ourselves, and to rebuild our present in a healthy and functioning manner. Perhaps we find the healing process intimidating, perhaps we identify ourselves with our pain and are "lost" without it. Here we learn about the seven dark passions (pride, avarice, luxury, wrath, gluttony, envy and sloth); and we also learn about the seven gifts (reverence, piety, understanding, fortitude, counsel, knowledge and wisdom), or graces, of the soul, which are partnered with the chakras. As you work with the graces, you begin to recognize their power, and know what it is to make realistic choices and become a whole human being.

The framework of the book consists of five truths: you can't reason with illness, crisis or God; connect with meaning and purpose; courageously navigate the dark night of the soul; rely on the power of your graces; and, defy gravity and learn to reason like a mystic. Essentially, this book is one of simple yet powerful guidance: develop a practice of inner reflection, decide whether you will learn by wisdom or woe, don't have expectations of others or of outcomes, actively cultivate your graces, be in service to others, learn to pray, and defy gravity!

Expanded & Updated
Uncooking with RawRose
YOUR GUIDE TO RAW FOODS



Uncooking with RawRose

Your Guide to Raw Food
Rose Vasile
www.rawrose.com

Although I enjoy fresh uncooked

fruits and vegetables, I had not thought about fully exploring a raw food way of eating until Sharon Taphorn showed me Rose's book as we browsed through a Vancouver bookstore recently. Years ago I shared a lunch table with several people, one of whom spoke so enthusiastically about raw food, but she was someone who didn't like to cook and saw preparing food as a waste of time, rather than a creative process to be enjoyed and shared – her ascetic lunch of sliced cucumber, celery and apple did not inspire me to explore further. Sharon's knowledgeable enthusiasm enticed me to look through this book and I was immediately drawn to the photographs of a variety of colourful foods which looked and sounded delicious: to name just a few, hummus in peppers, pineapple coconut pie, cheesecake with blueberries, tortilla chips and salsa, truffles, and even a curry. Apart from the scrumptious food, we learn Rose's own compelling story, which I know will resonate with many of you; and we also learn what is actually raw and what is not, menu planning, food combining, sprouting, dehydrating, and even what to use for a facial! Many of the recipes use a dehydrator, but there are plenty of delicious ideas in this book which don't require one. Once you begin to look through the recipe index, though, you will quickly be turning to page 42 for the information on dehydrating. I have and use a lot of cookbooks, and have been preparing food for others to enjoy since I was thirteen, so with a lot of food experience behind me, I can positively state that this is a superb book, well-deserving of being a best-seller. My thanks to Sharon for recommending it, and to Rose for the love and dedication she has put into her work. If you are searching for a great gift for someone, look no further.

DANA

The Practice of Generosity

by Robert Beatty

A human being is part of a whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of consciousness.

This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in it's beauty.

Albert Einstein

The practice of generosity (dana) is one leg of a tripod that supports a spiritual life. The other two legs are the practice of non-harming, and the development of the heart/mind through meditation. Practicing generosity helps us recognize and manifest our fundamental interconnectedness. Each act of sharing one's energy, material wealth or time enhances one's capacity of letting go of attachments, resulting in freedom and happiness.

Since the time of the Buddha, those who teach the Dharma have been supported directly by their community. In Asia, where it is understood that the practice of generosity forms the bedrock of spiritual practice, this tradition has evolved into a system where the interdependence of the teachers and their community is implicit. Individuals who devote themselves to teaching are held in great respect, and their communities undertake the reciprocal responsibility for supporting the teacher and the teachings. In turn, the teacher upholds the responsibility by doing their best to live an exemplary life, and makes teachings readily available. It is understood that to support the teacher is to support oneself and to help others have access to the teachings.

In Asia support of the teacher takes the form of preparing food, providing transportation and medical care, constructing and maintaining shelter and providing all the requisites of life for the teacher. This allows the teacher to devote their life to teaching, practice, and continuing to refine their own understanding.

As we introduce Buddhism to the West, teacher support is evolving into different forms. Those who teach are frequently householders who support themselves, and sometimes a family. Their community is often geographically dispersed. Teachers participate directly in the economy, taking care of their own needs. As householders, their teachings may be particularly relevant to us because they are living lives of the Dharma amidst questions of money, relationships, sexuality, and raising a family.

A "Dana Basket" is sometimes provided to give the community members the opportunity to practice generosity and to offer their teacher financial support. This basket receives the stored energy



of your work in the form of money, and transforms it into the requisites of the teacher so that s/he can focus on teaching. This system of teacher support is radically different from that of most Western schools of training and personal growth where there is a fixed fee. The fact that there is no fee leaves the responsibility with the individual to decide what amount of support is appropriate for them. It also guarantees that the teachings are available to persons of all economic levels. Dana invites each individual to develop his/her own capacity to be generous in a context that directly assists his/her own spiritual growth.

People often ask for guidelines concerning dana. The Buddha's Dharma is a priceless way of life and path of liberation so how can one possibly be guided? When the gift of the Dharma is experienced as precious there is a reciprocal opportunity to participate generously in the support of the teacher and teachings. One guideline is perhaps: "Give until your heart feels full". Another is to decide what is a comfortable gift and then to give a little more in order to stretch one's capacity of letting go.

It is common for our sense of personal worth to be tied to our financial situation. Wealth is one of the prime determinants of social status. Sometimes people experience shame our unworthiness because they cannot contribute what they think they "should". This is more grist for the mill of awakening. People offer what they have to give: friendship, listening, an open heart, presence or a kind word. These are all aspects of manifesting the web of interconnection of which we are all an integral part.

There is no requirement to give at all. Dana is an opportunity and a spiritual practice. Each person practices from within the context of his or her own life. The size or shape of any gift is secondary to the intention and the openness of heart from which it springs.

Beyond the retreat, the practice of dana entails keeping our senses open to any opportunity to be generous. This begins with offering oneself some time daily to withdraw from activity and to nourish our inner life. By becoming peaceful we make our greatest possible contribution to world peace. Dana also manifests in the discovery that there are numerous opportunities every day to delight in perceiving a need and responding to it in a generous way. Attending to the needs and longings of others creates community and reveals our interdependence. It liberates us from the fear of not having enough. It also ends the suffering of selfishness and clinging. What before was experienced as MINE, becomes OURS and the web of life becomes rich and luminous.

The practice of dana invites us to reflect upon what is really important to us. When we have benefited from the teachings we may choose to direct some portion of our financial blessings to support the Dharma in order to provide a similar opportunity to others in the future. We are invited to transcend our fearful capitalist-materialist conditioning, which requires that we "get the best deal at the lowest possible price." We learn to abandon the endless quest for happiness through the satisfaction of desires. Dana provides us the opportunity to realize true happiness by recognizing that we are already intimately connected with everything and everyone. Being kind and generous to another is caring for oneself. As life gives generously to us, so we open-handedly give back to life. We belong to what we support, and what we support nourishes us.

© This article may be used freely with the source acknowledged and the content remaining unchanged.

The Directory

ACUPUNCTURE

BONNIE DEYAEGER, R.Ac.,
Cawston/Keremeos/Osoyoos: 250-499-7852
offering: Acupuncture, Chinese Bodywork & QiGong

DONNA RASPLICA, Dr. of TCM R.Ac. (B.C.)
and Laser Phototherapy
Salmon Arm, BC • 250-833-5899

JENNIFER LARSEN, R.Ac. • Kamloops
acupuncture, facial rejuvenation, tuning forks
www.vitalpoint.ca • 250-376-3070

JOEL WHITEHEAD, Dr. TCM
Acupuncture, Herbs, NAET Allergy
Elimination • Penticton, BC • (250) 492-2224

ART THERAPY

Wind in the Willow Studio: Cindi Tomochko
Certified Art Therapist & Dru Yoga Instructor
250.276.5308 • www.windinthewillowstudio.com

AYURVEDA

Penticton • 737 Main St • 250-328-9207
private treatments • ayurvediclife.wordpress.com

BIOFEEDBACK

FREE ONLINE ASSESSMENT,
monthly specials • Marie-Jeanne - Kelowna
250-317-2745 • www.thehealthartist.com

Penticton • Dr Charlene Reeves, DNM, PhD, CBS
250.276.0787 • www.naramatalifestyle.com
www.biofeedbacklifestyle.com

BODYWORK

KAMLOOPS

MICHELE GIESELMAN - Intuitive Readings,
CranioSacral, Massage & Shamanic Healing.
Available for workshops. Meditation two days
a month • Gift Certificates • www.intuitivehealer.ca
• 851-0966 or email: intuitivehealing@telus.net

TANIA NIEDBALA - Mobile Healing Massage - 434 9171

KOOTENAYS

THAI MASSAGE/YOGA - TYSON: 226-6826
Feldenkrais in Nakusp, Slocan Valley & Nelson

KELOWNA & PENTICTON

ANGIE -250-712-9295 Massage/Thai Foot Reflexology

KIMBERLY ROSE CAMERON - mobile services
- Usui Reiki Master, Deep Tissue Massage,
Intuitive Healing, Hot Stone Massage: 462-5185

BODY TALK

PENTICTON BODYTALK: 250-462-3141
& Ohm Therapeutics™ Sound Healing
bodytalk.amanda@gmail.com

BOOKS

DARE TO DREAM • Kelowna 712-9295
33 - 2070 Harvey Ave

HOOKED ON BOOKS - Penticton: 778-476-5621
225 Main Street, www.hooked-on-books.ca

MANDALA BOOKS.. Kelowna 860-1980
3023 Pandosy St - beside Lakeside Market

BREATHWORK

Breath Integration Counselling & Training Centre
1:1 Counselling/Group Series/Family
and Relationship Counselling. **Extended**
Personal Development Trainings: Life
Skills, Practitioner, Teacher's Assistant and
Teacher's Training. Kamloops: 250-554-6707
info@breathintegrationkamloops.ca
Contact Lynn Aylward or Cory Erlandson,
owners and teachers of breath integration.
www.breathintegrationkamloops.vpweb.ca

LIFE SHIFT SEMINARS

Harreson and Blanche Tanner, over 25 years
experience Breath Integration, Family Constel-
lation Work, 7 day Intensives, workshops and
private sessions. E-mail lifeshift@bluebell.ca
(250)227-6877 • www.lifeshiftseminars.com

BUSINESS OPPORTUNITY

CREATE A NEW CAREER & WAY OF LIFE.
Pacific Institute of Reflexology Natural Healing
School and Clinic has franchises available.
www.pacificreflexology.com • (800) 567-9389

COLON THERAPISTS

Prince George: www.stronghealth.ca Cherie
Nelson: devinehealth.ca 352-6419 Ulla Devine
West Kelowna: 250 768-1141 Nathalie Begin
West Kelowna: 250-826-1382 Aniko Kalocsai

CRANIOSACRAL THERAPY

CRANIOSACRAL & MASSAGE, KELOWNA
www.craniosacralplus.ca • 250-859-7554

CRYSTALS

THE CRYSTAL MAN WHOLESALE LTD

Theodore and Lee Bromley. Amazing selection of crystals and jewellery. Huna Healing Circles. Author of The White Rose Enderby: 250-838-7686 • crystalman@telus.net

DARE TO DREAM • Kelowna: 712-9295
Great Selection - jewellery also!

MYSTIC CREATIONS IMPORTS:

Wholesalers of Crystals, Semi-precious Beads and Sterling Silver Jewellery - 250-205-0358 or imports@mysticcreations.ca

DENTISTRY

Dr. Hugh M. Thomson374-5902

811 Seymour Street, Kamloops
Wellness Centered Dentistry

ENERGY WORK

ALCHEMICAL HEALING™ sessions & classes.
Debbie Clarkin • Armstrong BC • 250-309-0626

ENERGY HEALING & INTUITIVE MASSAGE
by Janette ~ for you or your pet • Penticton
250-770-0410 or www.paragonhealing.com

TESLA METAMORPHOSIS Healing Practitioner
Tesla Healing & Tesla Light Body Metamorphosis
Sessions • Tania Niedbala Kamloops 250 434-9171

HEALTHY PRODUCTS

RANCHO VIGNOLA: top quality nuts, dried fruit and fine confection fresh from harvest. We've been bringing in 'the best of the new crop' every fall for 30 years! Contact us early Sept. for our wholesale price list, visit one of our Harvest Events in Kelowna, Vernon and Salmon Arm during Nov, or go online for our Christmas Sale Dec. 1 - 15. Great deals at our online Spring Sale. To find out more, visit www.ranchovignola.com or call 1-877-639-2767.

HEALTH FOOD STORES

Nelson

Kootenay Co-op - 295 Baker St. 354-4077
Organic Produce, Grocery, Bulk, Fresh Prepared Foods, Wellness and Beauty Products and Friendly Knowledgeable staff. Non-members welcome!
Now Open Sundays • www.kootenay.coop

Kamloops

Healthylife Nutrition ... 250 828-6680
440 Victoria St. Your downtown location for quality supplements and a wide selection of organic bulk herbs and foods.

Penticton

Whole Foods Market ... 493-2855

1770 Main St. - Open 7 days a week
Natural foods & vitamins, organic produce, bulk foods, health foods, personal care, books, herbs & food supplements, The Wheatgrass Cafe, Featuring freshly baked whole grain breads. www.pentictonwholefoods.com

HOMEOPATHY

KATHARINA RIEDENER, DHom,

Osoyoos • www.homeokat.com • 250 485-8333

NATUROPATHIC DOCTORS

Penticton

Dr. Audrey Ure & Dr. Sherry Ure... 493-6060
offering 3 hour EDTA Chelation Therapy

Penticton Naturopathic Clinic... 250-492-3181
Dr. Alex Mazurin, 106-3310 Skaha Lake Rd.

Dr. Jese Wiens, B.Sc. N.D.

Penticton: 778-476-6016
Summerland: 250-494-3321
www.doctorwiens.com
Nutrition, Herbs, Acupuncture, Bowen therapy

PETS

PET LOSS GRIEF COUNSELLING

www.centralvalleycounselling.com
Matthew Lipton, MHS • 1-877-899-9797

PSYCHIC / INTUITIVES

LIFE PURPOSE HAND ANALYSIS: Ever wondered about your Destiny? Let me read your hands. P.Danielle Tonossi • Certified Hand Analyst IIHA - Private, phone or skype consultations. **250-227 9478** • www.crystalgardenspirit.com

HEATHER ZAIS (C.R.)' PSYCHIC

Astrologer — Kelowna ... **250 861-6774**

DEBBIE CLARKIN • Armstrong, BC • 250 309-0626

INTUITIVE PALM READINGS by

RUTH HART • Westbank, BC: 250-707-0770

Psychic Phone Reading Diane \$80 for 1.5 hrs.
Clairvoyant, Clairsentient, Medium. 250 375-2002

MEDIUM - SPIRITUAL COUNSELLING

Shelley-Winfield: 766-5489 - **phone consultations**
I can read any photo and give details.
I bring clarity to your path

READINGS BY JEWEL: Clairvoyant Psychic Medium. She helps you to heal your past, improve your present and prepare for your future. (250) 546-0208. North Okanagan

NORMA COWIE Tarot, Past Life Regressions, Core Belief Energy Releasing. Phone or In-Person: Vancouver and Penticton: 250 490 0654

SHARON TAPHORN Angel/Oracle Sessions
Phone sessions/in-person: **250-303-0796**.
www.playingwiththeuniverse.com

~SPIRAL SPIRIT OFFERINGS~

Tarot by Sarah~Illuminate your Lifepath
Solo/Group Readings Penticton~250 809 1635

KERRY PALFRAMAN - Channeling, Mediumship, Intuitive Life Guide & Healing, Teacher, Author
In person, Phone, Email, Skype. Sessions recorded. 250-494-8955 • www.indigodreamer.com

TARA ♦ Astrology-Psychic-Healing 778 458 2283

TAROT & ANGEL READINGS • KELOWNA
778.477.1131 • magicaltiming@gmail.com

YVANYA ♥ Clairvoyant Tarot 250-558-7946

REFLEXOLOGY

ANGIE at Dare to Dream - Thai Method 250-712-9295

GROUNDING MAMA Reflexology & Footcare
Kathryn M. Smith, RN, RCRT
Penticton and Summerland phone: 250.809.8650
• www.groundedmama.com

HEELING SOLE - Michelle Cristante, RCRT, MCSRI
certified RAC reflexologist and cranio-sacral reflexologist • Penticton: 250 490-5567
• www.heelingsolereflexology.com

INSPIRE WELLNESS STUDIO, RABC
3803-27th St • Vernon: **250-308-4201**

LAURIE SALTER, RAC, RABC • Kamloops: 318-8127

TANIA NIEDBALA RAC Mobile Kamloops 250-434-9171

TEREZ LAFORGE • Kamloops ..778-471-5598

PACIFIC INSTITUTE OF REFLEXOLOGY

Basic and Advanced Certificate Courses \$395.
Instructional DVD - \$22.95
Ask about Franchise Opportunities. For info:
1-800-688-9748 • www.pacificreflexology.com

REIKI

ABSOLUTE REIKI • Osoyoos (250) 276-4353
Diane Bernardin-Kelm Usui Master treatment/ classes • www.absoluterhythmdelight.com

AngelZenReiki.com - Val O'Brien
CRA Teacher 250-488-2439

*Reiki Courses *Reiki-Kids *Reiki Sessions

BARBARA EMMERSON KENNEDY • Reiki Master Usui System of Natural Healing • Penticton
call for an appt. or email: b.kennedy@telus.net
www.reikiharmony.ca • phone 250-493-7827

ANGIE - DARE TO DREAM-Kelowna:712-9295
Reiki/Body Massage/Thai Foot Reflexology

INSPIRE WELLNESS STUDIO • 250-308-4201
Jikiden & Western Reiki sessions/classes• Vernon

RETREATS

QUANTUM LEAPS LODGE/Retreats, Golden, BC.
www.quantumleaps.ca • 1-800-716-2494,
"opportunities for inner/outer explorations"

JOHNSON'S LANDING RETREAT CENTER
30 high quality workshops each summer, have
a Personal Get-away or Center Life program.
www.JohnsonsLandingRetreat.bc.ca

SOUND THERAPY

MERIDIAN SOUND THERAPY
Allie Arnst, Certified Acutonics Practitioner
Penticton - 250-499-9895
www.meridiansoundtherapy.com

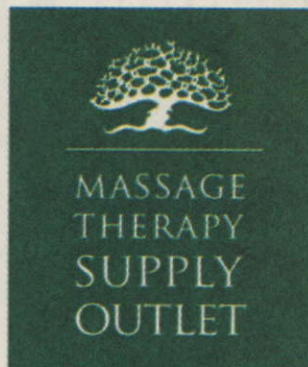
SCHOOLS & TRAINING

CENTRE FOR SPIRITUAL LIVING Kelowna/
Transformative Education Institute. Personal
development classes. www.kelowna.csl.org

CERTIFICATE MASSAGE COURSES
The Wellness Spa — Weekend Courses
Sharon Strang — Kelowna 250-860-4985
evenings 250-707-0822 • www.wellnessspa.ca

SHAMANISM

DAWN DANCING OTTER • Penticton • Shamanic
Medicine training in Penticton and other areas
visit www.dancingotter.ca • dosa@dancingotter.ca



Call for a free catalogue
1 800 875 9706
Phone: (780) 440-1818
Fax: (780) 440-4585

MAIL ORDER

TABLES

STRONGLITE
OAKWORKS
PRAIRIE
PISCES

OILS/LOTIONS

BIOTONE
SOOTHING TOUCH
HAGINA/MINT OIL
BEST OF NATURE

BOOKS

CHARTS

LINENS

ACCESSORIES

HOT/COLD PACKS

ESSENTIAL OILS

MASSAGE TOOLS

#9206 - 95 Ave. Edmonton, AB, T6C 1Z7

www.mtso.ab.ca

SOUL RETRIEVAL, extractions, family and
ancestor healing, depossession, removal of
ghosts and spells. Also by long distance.
Gisela Ko 250 442-2391 • gixel@telus.net

SPIRITUAL COUNSELING

Rev. Crystal Rose - Keeper of Hearts
778-476-5832- www.avenue2ascension.com

TAI CHI

Hajime Harold Naka...Kelowna: 250 762-5982

DOUBLE WINDS, Traditional Yang Style
Certification. Salmon Arm: 250 832-8229

YUEN THERAPY

TEREZ LAFORGE • Kamloops ..778 471-5598

Have

ISSUES

for EMPOWERMENT

M A G A Z I N E

mailed directly to your home!

\$12 per yr or \$20 for 2 yrs

mail to: RR 1, S 4, C31,
Kaslo, BC, V0G 1M0
or phone toll free
1-855-366-0038

DEADLINE

**November, December & January
ads are due by October 5th**

Ads are accept till the 15, if there is room

basic ad rates on page 4

**phone: 250-366-0038
or toll free 1-855-366-0038**

*ISSUES is looking
for a
**Commissioned
Sales Person**
and a few Angels
who could tidy the
Issues racks and help
distribute in their town.
please email*

angele@IssuesMagazine.net

Why is Everyone Calling The...


Natural  Health
Community.org

FREE MEMBERSHIP


Available for a
Limited Time

Visit the Link Below
to Secure Yours
Today

The "Google" of Natural Health?




Features The "Best" Natural & Alternative Professionals, Practitioners, Educators, Authors, Stores & more (In One Convenient and Easy To Navigate Place)




Hundreds Of **FREE** MIND, BODY & SPIRIT Videos, Articles & Podcasts Updated Daily - *learn, grow and be informed*



Easy to Find Natural Solutions For Chronic Pain & Quick Healing (Ones The Pharmaceutical Companies Don't Want You to Know About)



Finally Gives Alternative MIND, BODY & SPIRIT Natural Health Professionals, Practitioners, Authors, Educators, Coaches a Voice and Platform to Reach The Thousands Who Need Help (But Don't Know Where To Look, or Who to Trust)



Plus... Explore 'The Crystal Cave of Healing', 'The Wall of Whispers', 'Chamber of Secrets', 'Practitioner University' and other exciting things...

Would You Like to Know More?

Are You a MIND, BODY or SPIRIT
Professional, Practitioner, Author, Educator, Coach?

WWW.NATURALHEALTHCOMMUNITY.ORG/FREEMEMBERSHIP

"Take a moment to check out their website- you will be grateful to know what is happening with this community...very leading edge...already I have had calls from their efforts & my profile isn't even complete yet ... :)"

-Crystal Rose - Penticton B.C.