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## The CRYSTAL GALLERY opens

by Theodore Bromley, the Crystal Man

My wife Lee and I have realized a dream. Last August we bought an acreage at Ashton Creek, near Enderby, BC, with everything we had asked of the Universe. A beautiful home with a separate building for our collection of crystals, minerals and jewellery. In the lower level of our home we have created a crystal gallery and boutique which is open to crystal lovers who want a transformative shopping experience.

Lee and I met in 1991 at a workshop. I had a fledgling crystal business and Lee did Reiki and massage. Once we realized we wanted to be together I moved to Enderby and stayed with her. As challenging as it was financially I stayed with the crystal business. We sold at psychic fairs, expos and even the Enderby flea market one summer. My collection of crystals soon outgrew the shed and the garage and we decided to rent a warehouse. The crystals became too heavy for my van and I bought a small school bus. My focus has been around Western Canada, wholesaling to the stores including Angele who owned the Rainbow Connection in Penticton. In those early days I spread Issues far and wide. Eventually we travelled to Brazil to buy from the source.

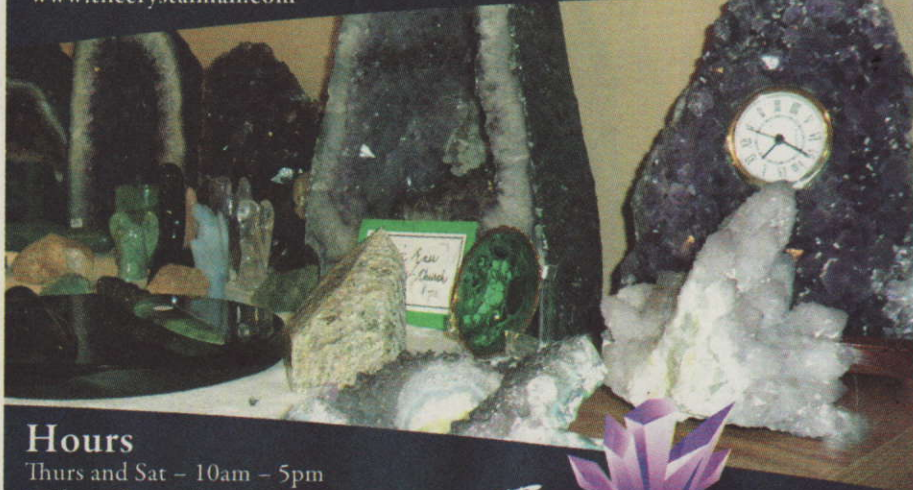
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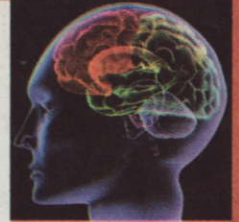
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Dr. Skip LaFleur earned a graduate degree in Traditional Chinese Medicine from ACTCM/San Francisco. He has practiced EEG-Neurofeedback and Neuro Nutrition for the past seven years, and is now practicing in Nelson BC. Skip and his wife Carola founded Simple Remedies Herbal Solutions (Dispensary/Clinic) in Victoria BC in 2003.

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for EMPOWERMENT  
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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  
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## DEADLINE

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Ads are accepted until the 15<sup>th</sup>  
if space is available.

## Musing

with *Angèle*, the publisher



The front cover features a statue of Quan Yin that I brought home as a present for my sixtieth birthday this February. It is carved out of an old yellow cedar log, and from the back you can see the log was hollow. I imagine it had been lying for a while in the forest before some carver dragged it home to discover and bring to life the image in the wood. I have been collecting Quan Yin books, pictures and carvings for about fifteen years, and each one I find is more beautiful than the last.

Five years ago during a dinner conversation, a man said, "If you want to see some Quan Yins, you should check out a shop in Langley," so I made a note in my travel journal. I don't usually distribute *Issues* there, but this year Richard took the time to visit relatives, so we meandered the downtown area and found the shop.

Roger, the owner of the store, had brought in a truck load of wooden statues from China five years earlier, and they had all sold except the two largest ones. I was awe-struck looking at them, as I could tell what skill it took to incorporate such a wide variety of carving techniques. Also, it was yellow cedar and had that cedar smell I like. I have been told by a few buyers who travel to the East that many of the young people are no longer learning the traditional way of carving or painting. Seems they want choice in how to make a living.

Quan Yin is one of the original divine goddesses from eighth-century Asia. Her presence reminds people to be compassionate and she is often shown in meditation pose or pouring a stream of healing water from a small vase. This is the "Water of Life," with which she blesses her devotees and all living things with physical and spiritual peace. Water represents the veins of Mother Earth and also our emotions/tears. But life, like water, becomes stagnant without flow. Quan Yin also stands on a lotus root reminding us that rising out of the deep, dark muck of the earth, we can grow into a beautiful flower.

There is a beautiful song that reminds me of this flow. The words are simple and profound. "We are one with the Mother and to her we shall return, like a drop ... of water, flowing to the ooooocean." This concept took me a while to think through since I know I am separate, but at the same time, I know we affect each other deeply, moment by moment. We are drops flowing back to Oneness with each re-birth.

Life is about relationships and it is good for me to notice what affects me and how I affect others. I watch for clues or answers to questions, and piecing the info together is like a puzzle ... and not all the pieces fit easily. If the puzzle becomes too complex, then I ask for help.

Being in a close relationship with me, my partner gets to know my shadow side, the hidden parts of me, and can bring them into the light so they can be healed. I am glad Richard likes to communicate, and after the frustrating feelings cease when we have a tiff, I get to question my reactions, motives and reasons. I get to understand myself a bit better and sometimes Richard as well. The glue that binds me to the Retreat Center, other than an opportunity to create community, is that I get to practice deep honesty about who I am, with myself and with other people.

The old me, prior to starting *Issues* magazine, wanted peace at any price. I grew up watching my Mom and Dad argue and had firmly decided that I did not want to pass that tradition along to my children. I remember saying to Mom at one point that I thought the purpose of my marriage was to show her, by example, that men

continues on page 6

# STEPS ALONG THE PATH



## *The Message and the Messenger*

One of the first articles I wrote in ISSUES was about an amazing experience when a stranger drove into the Retreat Center to deliver a message of hope and support during one of the darkest hours of my life. It was back in 2001 when my wife of twelve years left and I was in despair at having lost my primary relationship. I had spent several days either sleeping or crying. To top it off, the largest retreat of the year was scheduled to happen in less than a week!

I was sitting on the front porch of the Lodge trying to figure out what to do when an old pickup truck with a camper drove into the driveway. A woman got out of the truck and walked up to me, took both of my hands in hers and said "I have come to share gifts with you." I got a curious sensation in my body as if something amazing was about to happen. This stranger told me how she had been driving around the North end of the lake that the Retreat Center is on, when she got a message to turn South instead of North as she had planned. She followed the guidance and when she saw the Retreat Center signs she knew she was supposed to be here.

I took her on a walking tour and after an hour into our conversation she once again took both of my hands and said, "Know that your work is being seen and that it is being acknowledged." If there was ever a time in my life when I needed to hear those words, it was then. After an amazing two hours of conversation she turned to me one last time and taking my hands once again she said "we have exchanged gifts, it is time for me to go," and she drove out of the driveway. As it turned out, the people needed to help run the retreat magically materialized. To this day I am certain this woman was a messenger sent by Spirit in my time of need to give me hope so I could carry on my work.

A counterpoint to this experience took place when I was in the town of Nelson staying in a hostel where I found myself sharing a room with another fellow. We talked about our journeys and our aspirations. He confided in me that he was in the throes of making a major decision in his life that might set him on a new path. He had some important choices to make and was not sure which way to turn. During our conversation I told him how I came to make some of my own choices in life and how I had finally become aware of the idea that Spirit, or the Universe, depending upon your belief system, offers us opportunities. From my experience I found that if you make a clear request that is based on the greatest good, an opportunity will appear. It may not be exactly what you wanted and it might be totally new territory, but it will usually fit your capabilities. I could see by my roommate's response that my message resonated with him and it gave him a whole new way of looking at his future. In the morning, as we each went our separate ways, he thanked me profusely for our talk the night before. It was no coincidence that I spent that time talking to this stranger, I was obviously meant to deliver a message from Spirit to which he would be able to relate.

As we walk our life's path, one step at a time, we are sometimes the saint and sometimes the sinner, we are sometimes the recipient of a message and some times the messenger. Thank you for taking the time to read my column.

**Namaste**

*Richard*

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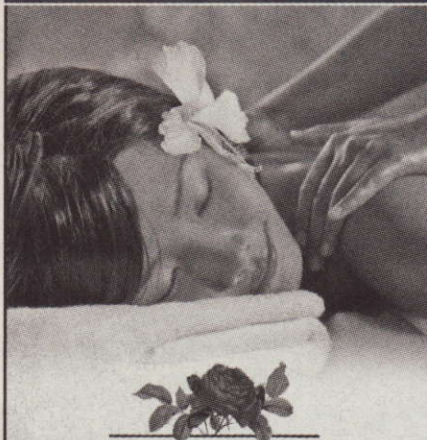
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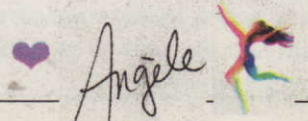
*- Barb M.*

and women could get along. Now, as I gain more confidence in speaking my truth and learning ways to communicate more clearly, I know better than to compromise who I am. Marshall Rosenberg, the Nonviolent Communications expert, is correct when he says, "Never give up and never give in." Each time I get upset, I know it is because my expectations have not been met. I can then look deeper into my patterns, releasing the illusion of ego, sometimes even smiling when I discover an imprint left over from my childhood and put two and two together. Recently I had an amazing dream that put my emotions into perspective as I figured out another piece of the puzzle. It was good to take the time to process it.

Any time there is chaos, it is especially important to make time for reflection and return to the only place of power: the present moment. Personal growth is what the soul wants, for once we change ourselves, we can change the world. We have no choice but to evolve and shift to a more compassionate state of mind. The feminine influence is slowly increasing her presence in the world, for the patriarchal days are over, and we need to find balance between the yin and yang.

I just finished putting the final touches on the sixteenth annual Wise Women's Festival that happens every September. Many women gather there, sharing their gifts and offering support so we can all grow wiser. Once again, the program is a smorgasbord of positive, healing energy. What way do you learn best? You choose which way to climb the mountain! Increasing the tools in your tool box allows change to happen with more ease internally, which is later reflected externally. As a wise person once said, "Change is the only thing that is constant." Allowing the flow of change to move through me is better than having an accident or illness that increases the pressure, forcing me to pay closer attention to what my angels have decided is my next step of evolution. Once I become aware, there is no going backwards except off the planet. I like figuring out how to be of service to others and to myself. My heart is full of gratitude and my mind busy with a to-do list that increases every year as the Retreat Center blossoms into its potential.

A closing quote by Rumi says it all. "Your task is not to seek love, but merely to seek and find within yourself all the barriers you have built against it."



# Personal Journey

by Delphine Saxinger


Over the years I have been asked how I became a Medical Intuitive, was I born with this gift, and can you teach me what you do? I am no more psychic than the average person yet I believe we are all psychic and just need to develop this gift. I learned to "talk to the body" from Al Berry, a healer who once lived in B.C. He perfected a way of healing called 'Body Management' where you could ask the body questions and receive answers.

I took Mr Berry's course in the early 1990s. I was busy practising what Mr. Berry taught and I was having trouble with it. I explained to my husband that I didn't think I could continue as I never seemed to get the consistent answers to the questions I asked. Within 48 hours Mr. Berry was in my life again to show me how I could talk directly to a person's body and ask any questions needed to improve their health. So now I work with confidence knowing I could never hurt someone, their body would never let me.

I have been working full time as a medical intuitive since 1995. Over the years I have expanded what Mr. Berry taught, asking many more in-depth questions that cover all possible illnesses, diseases, and imbalances. I came to realize that the amount of questions and how they are asked is unlimited. Now I test over 100 different reflexes, measure them and ask the body what it needs to heal itself. Using this format of unlimited questioning, I am able to fine-tune the body and discover any point of distress or imbalance. A person's body wants to be healthy, to have its organs in the proper position and avoid exposure to anything that would harm it by ingestion or application. Over the years my knowledge continues to grow. I now have a basic knowledge of how the body works and what it needs in general.

The questions I ask pertain to each individual client and this is what makes my work different. For example, if the stomach reflex is low you have trouble sleeping, if there is pain in any part of the body I expect the muscle reflex will be low, and if there is not enough blood I expect hot flashes. However, if clients explain their problems I am able to ask their bodies more questions about their individual symptoms.

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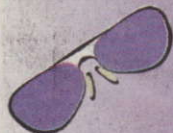


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# The Temple

by Serah Shakti Soleil

I clearly remember the newspaper picture, where a volcano in Bali erupted and destroyed many villages. The image showed how the lava gracefully flowed around a temple leaving it untouched. I became aware that having a temple is like having an embassy for Spirit, a piece of earth dedicated to the Divine.

It was channeled to me by my clairvoyant husband, Kai Lehrke, that one day I would have my own temple. The channeling even told me that I would find the temple, on the full moon, before the Summer Solstice. I was told that it would be easy to recognize the temple, because it was a temple before.

I started my search for the perfect temple land. The day of the deadline came, and nothing was found. That night as we drove home I felt discouraged. As the full moon rose, we saw a For Sale sign on a little old church, near Nelson, BC, at a place called Six Mile, but it didn't look like much to me. In my imagination a temple was a beautifully carved yurt on a field overlooking a vast area. Because of this thought process I decided to stay in the car with the kids. The door was unlocked and Kai went in and was gone for a very long time. When I got tired of waiting I went to find him and ask what was keeping him so long. Suddenly I fell on my knees, I felt like I was back in Sedona, as a strong vortex spiraled me downward.

On the Summer Solstice of last year, I climbed a mountain, by myself to a sacred circle that I had surrounded in crystals, to ask for messages, omens or gifts, about whether I was to commit to this temple. As I was climbing I felt like I was being watched, I could feel cougar energy surrounding me, and the premonition that I would see a cougar floated through my mind. I made a little fire in the center and started my ceremony. I was meditating with my crystal moon ball, when all of a sudden Mother Mary came to me. She was tall and beautiful, a light being full of wisdom and compassion. She gave her baby into my arms, he was also a light being. I felt incredibly touched and humbled. "Why are you giving me your baby? What am I supposed to do with him?" I asked. She said, "Grow him! Grow his light, in everyone you touch!" I stayed in meditation, feeling incredibly grateful. I asked, "Is there anything else I need to receive?"

As I opened my eyes, I was staring into the eyes of a big, powerful cougar. This time it was real! Although miraculously I felt no fear, the thought came to me that I am about the size of a deer, so, just to be safe, I stood up with my crystal ball and made a loud Ohm. The cougar went behind the nearby bush. I could still feel his presence, so I put a stick in the fire and completed the ceremony, feeling quite safe. This experience gave me the clarity I needed to buy the old church. We renovated it and filled it with crystals.

Every church, mosque or synagogue is built for a god. I have learnt that I am God(dess) and God(dess) is me, but also that I am you and you are me. Therefore we are all part





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of God. I wish to dedicate this temple to the divine, which is here in each and every-one of us. All deities, all ancestors, all arrived beings shall be celebrated and honored, within ourselves. Since this is a temple for the gods, it is a temple for you. This temple is a vortex of healing, of enlightenment, of joy and community. I'd like this temple to belong to everyone, since we are all part of the Divine.

I see this temple filling up with more and more light, power, and beautiful humans fulfilling their destiny and finding their own path. It shall be filled with laughter and joy, tears and prayers. It shall connect us with our own divine truth. I invite all of you to join me, where we celebrate life, each other, our divine selves, and create a trusting and loving community. I'd like to make Sunday afternoon a special time, where anyone who is inspired can lead a spiritual service, ranging from wisdom sharing, yoga, singing, praying, dancing, sound healing, meditation etc. I imagine potlucks and get-togethers, dances, yoga, devotional singing, healings, meditations, and all forms of spiritual expression.

I want to make it clear that this is an opportunity for people to apply their gifts. This is not my temple, this is not your temple, this temple belongs to all of us. I'd like to invite all who would like to participate in raising this temple, this community to contact us. This year the little church is turning one hundred years old. May this temple grow as strong as the one I read about in the newspaper, so that even lava would part in its presence. *see ad below*

## ISSUES MAGAZINE

for EMPOWERMENT

### Change of print dates for 2013

Starting in February Issues will print quarterly instead of five times a year. Consistent dates will be good.

**February, March and April**

**May, June and July**

**August, September and October**

**November, December and January**

February will feature the Spring Festival of Awareness  
May will feature the Wise Women's Festival.

Applications for both festivals will go out in November.  
Instructors will choose which one to present at.

I am still looking for someone who would like to promote Issues and sell advertising, part time.

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## What is Passion?

Inspiration springs forth when we allow ourselves to be "in-spirit," aligned with our true essence. Stop and think about it. When you feel truly passionate and inspired about someone or something, what frame of mind are you in? What are you willing to do? What kind of effort are you willing to put forth? How fearful are you? Chances are, you feel motivated to do whatever it takes, without fear or doubt, to turn your vision into reality. You grow in confidence. You believe you can do it. You are committed from the heart and soul.

Light a match in a dark room and watch as the light instantly overcomes the darkness. Observe the power and grace of that single, solitary flame dancing with life. Now light several candles or kindle a fire and experience the added warmth and comfort extending from that first, vulnerable flame through others. This is the heart and soul of leadership — the essence of inspiring others. It is about courageously casting off fear, doubt and limiting beliefs and giving people a sense of hope, optimism and accomplishment. It is about bringing light into a world of uncertainty and inspiring others to do the same. This is what we call passion, the fire within.

Passion is a heartfelt energy that flows through us, not from us. It fills our hearts when we allow it to and it inspires others when we share it. It is like sunlight flowing through a doorway that we have just opened. It was always there. It just needed to be accepted and embraced. Under the right conditions, this "flow" appears effortless, easy and graceful. It is doing what it is meant to do. It is reminding us that we are meant to be purposeful. We are meant to be positive. We are meant to be passionate. We feel this when we listen to and accept our calling in life. We feel it as inspiration when we open the door of resistance and let it in.

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Quan Yin (Pictured)

## Raw vs Cooked Food and Dis-ease

In 1930, research was conducted at the Institute of Clinical Chemistry in Lausanne, Switzerland, about the effect of eating cooked food versus raw food on the immune system. The research of Paul Kouchakoff, M.D. documents how digestive leukocytosis ("osis" = abnormal levels) occurs from the ingestion of cooked food, when the blood responds by increasing the number of white blood cells. This phenomenon is called 'digestive leukocytosis', which means there is a rise in the number of leukocytes or white blood cells. Since digestive leukocytosis was always observed after a meal, it was considered to be a normal physiological response. No one knew why the number of white cells rose after eating, but it appeared to be a stress response. It was as if the body was reacting to something harmful such as infection, exposure to toxic chemicals or trauma.

Around the same time Swiss researchers found that eating raw, unaltered food did not cause a reaction in the blood. They tested many different types of foods and found that if the foods were not refined or overheated, they caused no reaction. The body saw them as 'friendly foods'. However, these same foods, if heated at too high a temperature, caused a negative reaction in the blood.

The health consequences of this drain on the body's enzyme reserves are staggering and lead to the depletion of the body's antioxidant enzymes designed to remove free radicals before they have a chance to do their damage.

What keeps food alive? Enzymes – energy rich enzymes are "the SPARK of life"! Enzymes are essential to health and vital to life. No person, plant or animal would exist without them, yet many people have not heard about enzymes.

Vitamins, minerals, proteins and hormones can do nothing without enzymes—because a vitamin cannot be absorbed without a mineral and a mineral cannot be absorbed without a protein and protein cannot be absorbed without enzymes! Yet, in today's world, most people are supplementing at the wrong end of the scale... it all begins with ENZYMES!

This should explain why so many are afflicted with cancer, diabetes, heart problems and all other known illnesses. Reduce cooked food consumption, eat up to 80% raw and supplement with powerful enzymes and other whole food supplements and watch your illnesses disappear.

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**Sandy Wells** is

an avid photographer, who enjoys healing with energy and being at one with nature. After a near-death experience she lives each day to the fullest and enjoys all things spiritual.

This book is a new release and is a rare offering of energy photography. The book teaches about the energy vibrating everywhere and is full of captivating energies captured on film. It's been wonderful to share with others as a coffee table book, sure to get conversations going.

This book is available through Balboa Press or

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## 2012

# TIME TO GET CLEAR

by Dr. Ursula

From every corner we are hearing about changes and new beginnings happening in 2012. Apparently, the energies are there to help us make the shift on many levels. How about clearing the past? From a homeopathic toxicology perspective, in order to function in our best capacity and age gracefully, we need to clear past, toxic imprints.

Did you know that every toxic substance that you have been exposed to since birth has left a symptomatic imprint, even if it was fifty-plus years ago? Did you know that every imprint alters your entire system, physically, mentally and emotionally? Due to pharmaceutical, environmental and occupational toxins, today's population is subject to artificially created illnesses. Reflecting back on my personal timeline, I vividly remember three brands which were household names when I was growing up: Vicks, Noxzema and Nivea. Recently my research shocked me.

I will start with Vicks Vapor Rub. Who isn't familiar with that menthol/camphor odour. Did you know that it has a base of petroleum, like Vaseline, which is indicated in many breast cancers? Did you know that it contains turpentine, an ingredient linked to lung cancer? Research also shows that using it in the nasal passages can lead to pneumonia! If you used a Vicks Inhaler back in the old days you were inhaling levomethamphetamine, which can cause high blood pressure, rapid heart rate and tremors.

Remember slathering on Noxzema after a sunburn or for taking off make-up? It contains stearic acid (used to produce plastics) and camphor, both of which are potential neurotoxins. Another ingredient, ammonium hydroxide, is a known cancer-causing agent. An article I found in THE ECOLOGIST, discussed the toxicity of Nivea's main ingredient, a mineral oil which is often contaminated with hydrocarbons linked to cancer. Another ingredient is Limonene, a common pesticide in flea-control products that produces tumours and reproductive problems. It also contains an aluminium derivative which may be linked to Alzheimer's.

Depending on how long you used chemicals in the past, there will still be traces of them in your system. Their imprint can generate continued symptoms long after you stop using them. In fact, toxicity from cosmetics, pharmaceuticals, chemicals, radiation, etc. could be responsible for conditions you are suffering from right now. How many people have symptoms that no one can identify or relate to as an illness? This imprint must be cleared in order to allow the body to function at its optimum level. Homeopathic antidotes can erase toxic residues, whether it be in your make-up, your workplace or in your medications.

Remember, all toxins affect not only the physical body, but the mind and emotions. Why not use 2012 to start clearing out poisons so you can free up energy and move to a higher level? *see ad to far right.*

# Is Hypnotherapy Safe?

by Teya Graves MH Cht

Do you ever wonder why someone might choose Hypnotherapy? Maybe they want to believe very deeply, that eating healthy is desirable or that sleeping deeply every night really will happen...and it will. You might carry a belief that you are the worst player on your sports team or you can learn through guided visualization that you are now the star player of the team. Whatever you believe, as a result of your hypnotherapy, you will achieve.

Stage hypnosis has been used for a long time to entertain people but there are still misconceptions about private clinical hypnotherapy. Some people still believe that hypnosis is a manipulation of someone else's mind or that you are somehow not safe. Hypnotherapy allows us to safely succeed in goals and dreams rather than acting out our inner rock star on a stage.

In Clinical Hypnotherapy, people are finding greater levels of success in just a few sessions than what was previously available in dozens or even hundreds of sessions of some other therapies. Hypnotherapy can help you to believe, learn and retain copious amounts of valuable information that can be stored in and easily accessed from your deep and powerful subconscious mind.

*We have all been hypnotized...* Many people think that they cannot be hypnotized but the truth is, we have all been hypnotized. The simple act of watching TV, daydreaming or reading a book and sometimes even driving is hypnotizing. The people who pay for TV advertising know this very well. When we watch TV in a hypnotic state and are given the message that a certain product or fast food will make our lives so much better, the deep subconscious mind adamantly believes this input, no matter how much our conscious mind knows that things are not what they appear to be on TV.

In Europe, Hypnotherapy is already a large part of the medical system and some people even choose to have surgery with hypnotherapy instead of anesthesia. When you are in a relaxed state (aware and still in control), you can better absorb supportive messages to the deep subconscious mind.

I wonder if you can imagine being deeply relaxed and absorbing messages that you will excel at your job, sport, education, relationship, weight loss, better sleep, eliminating emotional pain, fears or phobias or stuttering, or anything else where your subconscious mind is holding you back. If a person wants to release attachment to old hurts or lost loves or their anger, depression, insomnia, or addictions, they can do that quickly and easily, often in as few as three sessions.

To find a certified clinical hypnotherapist you can search the internet for one OR go to the International Medical and Dental Hypnotherapy Association to find a list of qualified practitioners. You could ask friends and look in the local newspaper and magazines. The information is available for those who want more for their health, sport, confidence, relationships, jobs, education and well-being. *See ad to the right.*



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# Layers of Onions

by Kerry Palframan RN

I remember as a newborn feeling mortified that someone was changing my diaper. My first thought was "I'm back," followed by a rush of resentment as I realized I could not walk or talk and had no autonomy. I rolled my eyes in my head knowing this anger was an ongoing theme in many of my past lives.

You have probably heard the analogy that our quest for personal development is akin to the peeling of an onion. Well, I recently had the opportunity to experience another layer of this proverbial onion when I had a temper tantrum with God that seemed to come out of nowhere.

I've had lots of tantrums over the years. One time I shook my fist towards the heavens and verbally said all of George Carlin's "Seven Bad Words You Can Never Say on TV" to God. I was surprised God was able to hold a loving space for me and not hit me with a bolt of lightning. Learning to hold loving space for myself was the next step on my eye-opening journey through life.

Over the years I've kept peeling the onion of strong emotions and see it as an opportunity to heal. My most recent bout of anger was a tidal wave of such proportion that I capsized immediately. Although the wise-knowing aspect of myself knew that "This too shall pass," my seven-year-old part did not think so. She wanted to have a pity-party day, with screaming and feelings of hopelessness and helplessness. She demanded that God change her life for the better or she'd darn well leave this horrid planet. After many years of helping others work through their emotional crises I was amazed that my emotional child went back to its early childhood years. I really thought I could love and support her through anything. I thought this part of me had grown up but suddenly she was hating me again.

How did I get out of this pit of despair that I had not seen for at least twelve years? My anger needed to express itself, so I gave it permission to have a cranky-pants day and cried myself to sleep holding a teddy bear. Remember, onions make you cry when peeled. I had some disturbing dreams and knew I had to give myself an attitude adjustment so I sat down for some prayer and ceremony.

Whereas the day before I was bitter and could not think of one thing I was grateful for, now I humbly spoke out loud to My Creator. I told him about being in a terrible dark place and asked to receive the Light despite how difficult this was. I asked to have these burdens removed and to restore my system with peace and tranquillity. I asked to meet those that could give me the support I needed and to please fill me with the Light of Creator. I humbly spoke out my list of desires. Then I spoke of things I was grateful for and cried through the ceremony, as I realized the consequences of my long-held resentments. I felt relieved after I did this simple ceremony.

As I finished, the phone rang and a stranger offered me information that I had been asking for! I wiped the blackboard clean, forgave myself as another layer of my healing onion peeled off.



# Spirit/Earth Connections

by Carol Heywood

One of the tools utilized by the designers of Earth's evolutionary process is the revelation of the many ways we each can connect to our own source. When we are in that plugged-in place via our open hearts, we are completely aware that we are loved and that we are love. In this place we know unlimited potential, how it is when love prevails. This powerful tool of evolution is being activated, now. When we "get it," via our connections to our expanded selves, the vibration of the band of consciousness that surrounds Earth is lifted.

I usually make a point that each person has their own source and their unique way to connect to it. Forces of evolution motivate us as we feel the empowerment that comes through when fresh input connects us to source. The desire to keep that feeling happening is being turned up a few notches so we can stay in our connected place as we carry on our lives. Our desire guides us to discover ways to bridge the gap between heaven and earth.

Our emotional bodies are constantly giving us clues via our feelings about what makes us feel good and what does not. When we tune into these feelings they can be trusted to navigate us towards what makes us feel good. When we generate good feelings, that positive energy emanates from us out into all creation and evolution is served.

As president of the Canadian Society of Questers, I am pleased to be leading a group that is dedicated to exploring new ways to connect to our sources in order to access information and positive energy. As the conference coordinator, I look for presenters who can teach us new ways to connect with positive messages that are educational.

We have engaged three teachers who use that approach for our Fall conference. John 'RJ' Stewart is a Scottish-born composer, author and teacher who has written over 40 books on occultism, ceremonial magic and Celtic mythology. RJ will team up with Anastacia Nutt who works full time in the Priestess Arts and has written books and conducts workshops on how to weave the seen and unseen worlds in harmony. Christian Kyriacou has been whispering to the soul of houses since 1971 and is gaining popularity on a television show in the UK called The House Whisperer. He teaches how our lives are affected by the spaces we choose to live in and how we can correct negative influences and enhance positive ones. We are excited about the unique perspectives these teachers will offer at the conference. We trust we will all come away with new ways to strengthen our own connections to our own source and have lots of fun while doing it. If these teachers and topics interest you, I encourage you to check out their work and then come learn from them in person in beautiful Salmon Arm. *Please see ad to right*



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## Pure and Simple

by Marion Desborough

I came across some fabulous soy brand candles, they are GMO free, kosher, do not stain, massage grade and dermatology tested. Made with essential oils and/or FDA approved fragrances. There are so many colours and fragrances to choose from including the one I tried, Tahitian Vanilla. There is even a candle called Dreamy that provides wonderful smells to help sleep which has lavender, sweet marjoram and camomile in it.

These candles are unique in the fact that after burning the candle the inner circle of waxy material can be touched and massaged into the skin leaving that nice smell on your body. This happens because it is massage-grade soy. Dawn also makes great-looking soaps, however I haven't tried them yet! *See ad above*



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# The OmMANNA Secret

by David Pilz

The White Gold Powder secret is a quantum physics science kept alive throughout many human incarnations and civilizations. We have known it by many names such as Solomon's Gold, Philosopher's Stone, Manna, Excalibur, White Gold Powder, Ormus Gold, Monoatomic Gold and Liquid Chi. Recently Ormus Gold was discovered near the heart of Mt. Ida at OmHaven Ranch, in the North Okanagan of BC. Discovered by David Pilz, aka White Star, this naturally occurring source of monoatomic gold flows in the waters on his land and has been confirmed scientifically. This sacred land is sanctioned as the Starnation Lodge and Ceremony Grounds and David wants to share this gift with humanity as an aid. The land has historical consequence to the indigenous tribes of the area as a place where they gathered for trade, teachings, healings and ceremony. No one tribe ever laid claim to it. When the colonizers came it was assimilated into the Spallumshen district lands and developed as an agricultural land resource. Five years ago, White Star was led by spirit to purchase the land and began the process of restoring the land to its original use ... a place of healing, teaching and community.

Last spring when the tsunami and the Fukushima nuclear disaster happened, White Star communed with spirit to explore answers to the questions he carried. How can we protect the people from this invisible danger? Radiated seeds and radiated people don't grow. How can we achieve a fifth dimensional awareness when so much of our daily lives is committed to merely staying alive? How can we bridge the new metaphysical worlds whilst remaining conscious of our connection to earth? The answer to these and many other questions was the same ... OmMANNA.

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# The invisible suffering

by Elisabeth Guentert Bay

2500 years ago Buddha taught us the Four Noble Truths. He spoke about the suffering of all living beings, namely the suffering of birth, sickness, old age and death. I would like to add emotional/mental distress is part of sickness.

I believe that our society has made a shift from visible suffering to invisible suffering. We don't want to show our suffering in public. We have learnt to smile even when we feel discomfort. The time to grieve, the time to be sick, and the time to sort out difficult emotions and thoughts have become limited.

How do mental, emotional and physical suffering interconnect? Mental inner statements like: I'm not good enough, I'm not worth it, nobody loves me, have a strong impact on our emotional well being and create feelings of anger, disappointment, frustration, jealousy, etc. When not expressed creatively, these feelings will be stored in our body as destructive energy and the body suffers through over time.

What these three kinds of suffering have in common is that we are unwilling to feel them most of the time. We take a painkiller for the physical pain, a tranquillizer for difficult mood swings; we ignore and compensate our thoughts of unworthiness with a hectic, stressful life. When we have no time to feel and listen to the voice of our soul, the invisible part of us suffers and the door to inner communication with our soul shuts. That means we have given up leadership and guidance of our inner, psychic world. It's like the ship leaving the port without a captain. If we are lucky this "dream ship" runs fine for many years. Yet one day the "dream ship" will get stranded and the outer and inner realities will crash, through an accident, a life-threatening illness or .... (you fill in the blank.)

When the door between the inner and outer realities is pushed open, our spontaneous reaction might be to close the door with the help of pharmacy and ignorance. Don't do it! Do not let your ship crash! There is a way to communicate with this inner world. There is a way to overcome the fear of difficult and denied feelings. There are so many treasures to find and honour next to the ugly and scary discoveries. Our life will only make sense by

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If we can't escape and we can't hide, what would be the way out? The answer is awareness. Give yourself time to feel your emotions. Give yourself time to listen to your thoughts, whether they are pleasant or unpleasant. Give yourself time to communicate with your body and soul. The second answer is: don't judge yourself. You will discover the dark side in you and within it some ugly monsters of thoughts and emotions. They won't disappear nor can you excuse them by judging. Judging fuels the negative. Your compassionate awareness will lead you to the root cause of their existence. Your deep compassionate understanding will transform the negative into the positive; the carefully tended compost becomes fertile soil.

*Elisabeth will be at the Johnson's Landing Retreat Center,  
Sept. 7-9 and the Wise Women's Festival, Sept. 21-23.  
Check out her webpage at [www.dimutara.com](http://www.dimutara.com)*



# WITHOUT A DOUBT

by Kathrine Lucier



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Well, here we are, experiencing the halfway point of yet another year... but not just any year. This is the one that has been anticipated by many. It is THE year. 2012. For some, just the simple mention of it conjures up all sorts of fearful thoughts, bad dreams or a long pregnant silence, as if they don't dare begin to fall into discussion of the dreaded topic. What's 2012 all about ?? From biblical references, to Nostradamus, to the countless religious and cultural traditions around the world which have created prophecies, icons, temples and monuments in anticipation of the celestial event that is to blanket our skies and rock our world on December 21, 2012, we wait in silent anticipation.

The gloom and doom of the End Times scenario holds many emotionally and spiritually hostage. For others, the promise of the rebirth of a New World Consciousness shrouds them in a veil of euphoric optimism. But who really knows what lies ahead?

Personally, in the macro-universal interpretation, I'm comfortable with the information that indicates that the End Times is a reference to the conclusion of a 16 billion year cycle charted within the Mayan Calendar. To my understanding a cosmic event introduced the beginning of the cycle and it culminates with a particular star alignment which will take place on 21/12/12, the Winter Solstice.

I also happen to like the information that states that what is taking place is the 'end' of the world, as we have known it, motivated by fear, greed, sadness and despair. We are moving into a new world that will be motivated by love, hope and unity consciousness, moving us toward a thousand years of world peace. I have to say, that really sits well with me. Basically, as with everything else in life, it all depends on which information I choose to invest in.

I guess this next year will present to each and every one of us what we believe life holds in store. What's most interesting to me is the magnitude of the number of participants who have signed up to bear witness to and participate in the event. One would think that souls would be scrambling not to be born with such a dismal forecast, yet here we stand, seven billion strong, at the dawning of the year of the End Times, and no one seems in a real hurry to exit.

There are, however, the groups of souls who have come in to raise our level of Consciousness and Compassion through their lives or their passing and our hearts have softened as a result of their presence or circumstances. Fascinating, isn't it? So, it seems all we can do is draw our own conclusions, prepare ourselves accordingly, and live this year like no other.

I recently heard a message presented that resonated within me, which I have chosen as my New Year's resolution, or what I might call my 2012 mantra. Someone proclaimed, "Doubt will be eliminated in 2012!" Wow. That certainly got my attention. I don't think I heard much else the speaker presented after that, I was so transfixed by the statement. I pondered what my life might have been without doubt standing close by ready to sabotage my next move, my next intuitive insight, my next inspired creative expression. What would a world look like if there wasn't doubt to create suspicion, jealousy, condescension or invalidation? What would I look like, being me, without the shadow of a doubt hanging over me?

I began to imagine, 'Well, let's see, I'd feel lighter, healthier, probably look taller, maybe younger, perhaps even better-looking. I'd be more centered and...yes...more confident. That's what would happen if doubt were removed in me, I'd be much more self-confident.' I'd believe myself. I'd believe my knowing about me and that I'm good and capable and deserving of all that Life has to offer. I'd stand more confidently in my place of conviction and express my opinions and truths clearly rather than taking a back door, passive or passive-aggressive approach, just so I don't appear vain or boastful - or worst yet - too far out there, I'd create beautiful songs

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and paint beautiful pictures and write inspiring books and when people would say 'That's wonderful!' I'd just say, 'Thank you,' instead of 'Oh it's really not that good.' And if there were no doubt inside me, I'd allow myself to put a worthwhile price on my time and my efforts and not be afraid someone would devalue it. If I really didn't have doubt, I would have believed you when you said you loved me, rather than thinking, 'Oh, if you really knew me, you probably wouldn't like me so much.' Without my self doubt, I'd allow myself to receive the invitation to share in the Love that you had offered and know that you valued my presence in your life.

Doubt! Self doubt! Is there anything more crippling on our life's journey? When I doubt who I am, what I am about, my worth and my potential, I deny my Inherent right to be all that I can be and to receive all of that to which I am entitled. I deny my gifts that I have come here to bring to the world and the potential for my soul purpose to be realized. Similarly, my anam cara, my soul friend, if I doubt you, I deny you your right to present the gift of You. This year, I will stand confidently, presenting my gifts of self with my inspired creative expression. Throughout this year, I'm going to *Do It Anyway* as inspired by the words of Mother Theresa.

### **Mother Theresa's DO IT ANYWAY**

- If you find serenity and happiness,  
others may be envious - be happy anyway.*
- The good you do today, people will often forget tomorrow,  
do good anyway.*
- Give the world the best you have and it may never be enough,  
give the best you have anyway.*
- If you are kind, others may accuse you of selfish,  
ulterior motives, be kind anyway.*
- If you are successful you may win some false friends  
and true enemies, succeed anyway.*
- If you are honest and sincere and speak your truth,  
people may cheat and betray you be honest anyway.*
- What you spend years creating,  
someone could destroy overnight, create anyway.*
- You see, in the final analysis,  
it was always between you and God,  
never between you and anyone else anyway.*

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by Kathrine

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# Energy Shift in 2012

by Sharon Strang

2012 - does this mean anything to you? My observation is an energy shift is occurring on our planet as we move into the age of Aquarius. My background is that of a Master Practitioner in Breath Integration work, incorporating the principles of breathwork into all my massages. Like everyone else, I sometimes forget what is truly valuable and have to be reminded from time to time as I am also a student of *The Course in Miracles*.

How has your year been so far? Anybody having more than usual intense experiences? Last year when a similar experience occurred it did not seem overly significant. If you are anything like me, my logical mind always wants an explanation, especially when I start acting 'insane' for no particular reason. Of course, I have all the logical explanations for being extra stressed: moving, recently engaged, selling my home, as well as the usual stresses of running a business. But still, when I am at this level, I seem to forget that I am spirit in reality, and sometimes articles like this help one to remember.

I had a cool experience a few weeks ago when I was at the peak of my 'craziness.' I prayed in earnest for some help. Then I booked a massage with a 'new' practitioner, who sounded interesting. He was advertising breath in conjunction with massage, which is what I do.

The treatment was an incredible experience of being re-born into who I really am: feeling the love that I deserve, forgiving myself for my imperfections, reminding myself that I am part of God who has infinite love and compassion for every living thing. A few days later, I was again reminded of the incredible time we are living in, and began pondering what actually is occurring. Is it going to be the end of the earth or is it just going to be a re-birth of who we really are? I see many changes occurring. To name a few: countries being overturned and dictators removed, ecology rapidly advancing, more awareness of the care for our planet so we can survive and what is really important is for people to live with more joy. At the end of the day, what is life really all about?

My dream for life is to understand myself so well that I clearly see the illusion of my ego. That I can allow myself to flow with the universe: that I am not afraid to give, to be compassionate, to forgive, to be open to new ideas, and to receive all the love that God (the Universe) wants to give me. My dream is not to forget, as Nelson Mandela said in a speech, "that our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us." Remembering that I am like everybody else, part of everybody else, and they are part of me. My dream is to bring heaven on earth and manifest all the love I ever wanted, easily. My dream is to truly believe that I have the courage and the energy to help bring about the shift in 2012, so our planet can thrive.

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# Food for Thought

by Marion Desborough



## Versatile uses for Lemons

### Air Freshener and All-Purpose Cleaner

An equal amount of lemon juice and water added to an atomizer will create a chemical-free air freshener. Can also be used to clean walls (spot test first). A small amount of lemon juice can be added to vinegar based cleaning solutions to help neutralize the smell of the vinegar. Lemon juice can be added to castile soap and your favourite essential oils to make an all-purpose cleaner.

### Chrome/Copper/Brass cleaner

Concoct a paste of lemon juice and baking soda and rub onto chrome, copper or brass, then rinse and wipe or buff with a soft cloth or paper towel.

### Toilet Cleaner

Mix 1/2 cup borax and a cup of lemon juice for a powerful toilet cleaner that will leave your toilet smelling extra clean.

### Lime Scale Remover

Use half a lemon to clean the lime scale off sinks and faucets.

### Bleach Alternative

Add half a cup of lemon juice to your washing machine's rinse cycle and hang clothes outside to dry. A teaspoon of juice thrown into your wash helps your clothes smell fresher.

### Grease Cutter

A teaspoon of lemon juice added to your dishwashing detergent can boost grease-cutting power.

### Drain Unclogger

Hot lemon juice with baking soda is a good drain cleaner that is safe to use in septic systems.

### Chopping Board Sterilizer

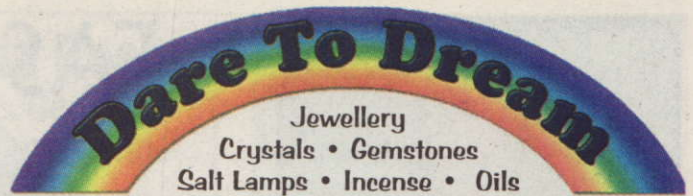
Rub lemon juice into your wooden chopping board, leave overnight and then rinse. Wood chopping boards have anti-bacterial properties anyway, but the lemon will help kill off any remaining germs or bacteria and neutralize odours.

### Hair Lightener

Dampen hair with lemon juice and sit out in the sun for an hour or wash it, then rinse with lemon juice and air dry.

### Hand Deodorizer

The smell of fish, garlic and other strong odours can linger on your hands, even after scrubbing with soap. Rubbing your hands with lemon juice will neutralize the smell and leave your hands smelling wonderful.



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# FASCIA-NATION

by Wayne Still



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Fascia is one of several forms of connective tissue and is the most abundant since most of the body is made up of the flexors and extensors which work together to move our bodies, around in space. Dr. Rolf observed that when we look at a human body what we are seeing is the relationship between flexors and extensors.

There are two main types of fascia, the superficial fascia which lies just below the skin, known as adipose tissue or more commonly as fat. The other type of fascia is deep and envelopes the individual muscles as well as giving them mass. Historically fascia has not been given a lot of attention. It was ubiquitous in the body. Like a forest, where we forget that the ecosystem is what is important, if we focus on the individual trees. Fascia was tossed into the bucket during dissections so the dissector could get to the structure of interest under the fascial layer. This was particularly true for superficial fascia. The important roles it plays as an insulating layer, as well as creating continuity between the skin and deeper structures, was taken for granted and largely ignored.

This attitude toward fascia is changing as scientific researchers are taking more of an interest in it. I experienced first-hand evidence of this when I attended the Third International Fascia Research Congress in Vancouver at the end of March. Eight hundred scientists and practitioners from thirty-seven countries gathered to present recent studies on the nature and function of fascia in the body. It was an opportunity for discussion between the academic community which studies fascia from a scientific perspective and the practitioners who work with it on a daily basis to compare notes.

Truth to tell there was a lot more conversation amongst the PhDs themselves than with the workers in the trenches, but the science was quite fascinating. Since most of our bodies are made of water, there were discussions on fluid dynamics and how the movement of fluid in the body influences fascia. One particularly interesting presentation on water had us questioning whether what we think we know about it has much validity. Seems that water has a memory and while we think that water in a container stays there because the walls of the container keep it there, in fact there is an exclusion zone next to the wall where the water is denser. So, in effect, the water contains itself.

There was a discussion about an issue I deal with frequently, in my practice that being the scar tissue created by surgical procedures. Surgery was described as "trauma by appointment" and while there is no doubt that surgical intervention is sometimes necessary, generally little attention is paid to the long-term implications of the resulting scar tissue. In about eighty percent of surgeries that scar tissue will, over time, restrict range of motion to the area affected. I usually get to deal with it many years after the event when the condition has become chronic. Hopefully this developing understanding of the problem will encourage surgeons to involve therapists to deal with the scar tissue soon after the trauma is inflicted.

Much of what was discussed about fascia at the congress in scientific terms I learned in my basic training in Structural Integration as a legacy of the study and practice of Dr. Rolf. Her insights into the nature and function of fascia are now being validated in laboratories in many nations. She was truly a trail-blazer in the field.



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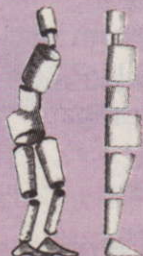


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# About Love

by Serah Shakti Soleil

When we feel good about ourselves, we naturally give and receive love. However in times when we don't feel beautiful, deserving, or proud of who we are, we shut down our loving mechanism and cannot receive love even when it is offered to us. When we don't feel lovable, our capability to give or receive love is blocked. In these times, we need love more than ever, but even when love is offered, we respond in an almost hostile way. Now if your child was going through a rough time in life would you love her more? Or less? Would you want her to know that she is still deserving of love? Then how comes we don't feel this way about ourselves?

Everything we experience on the outside world stems from our relationship with self, and our beliefs about self. If my parents failed me, I will have an unconscious belief that all relationships will fail me. I will attract and create this story over and over into my life. The people who I encounter will most likely have no choice but to fail me, as that is my belief. When we change our inner reality of what we expect to receive from life, we change all of our experiences.

In one of Kai Lehrke (my husbands) channelling's, he said "You love nothing but yourself, every love you have, every problem you have with love, every problem you have with how others see you, treat you or judge you. Whatever you have is just you, the others don't exist, there are no others, there's only yourself. All the love you receive or give is about your relationship with you. The world loves you the way you love the world, the world is you, loving you, it is like a mirror bringing everything back to yourself."

Look in the mirror, and invite all your sad stories to show themselves, while offering yourself the space of love and acceptance. You might pass slowly through all kinds of emotions, anger, fear, sadness, hopelessness, all the little girls from your childhood will surface to be witnessed loved, accepted, and therefore released. When you have gently witnessed them all, layer by layer, allowing them all the time they need. Asking always what's next. Finally there will only be love staring at you, love staring at love. After the layers have been peeled away there remains only your truth. It's all in the eyes when I look at myself with love, I am beautiful and you are too, when I think that I am ugly, so are you.

We can only love each other and ourselves as much as the thoughts we think. How do you serve the world by not loving yourself? How do you serve the world when you do love yourself? At the base of all auto-immune diseases, is an inconsistent or lack of self-love. If you want to fill yourself with good health and fully nourish yourself with divine youth-affirming light, then learn to up your self-love consistently. It is probably the most important supplement you can give yourself. Plus they haven't figured out how to market it,





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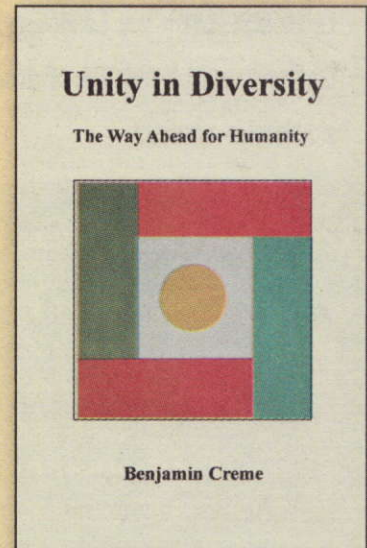
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or charge taxes on it yet. Which is why it is such a well kept secret.

Byron Katie says "When we fight with reality, we lose one hundred percent of the time." Every moment just is, the rock is falling, the milk is spilling, John drinks, Fred is angry, that's all. The meaning we give to it creates our emotions, it's raining, how do I know that it should be raining, it is.

This is one of the most classic ways in which children feel unloved and unaccepted, by well meaning parents. The parents can't handle their stress and take it out on their environment, blaming and complaining, or being impatient. I know, I've been there.

For a child who is in a self-centred stage of development, their parents are their world, therefore they naturally believe that they are their parents' world. When their parents cannot accept their world the child feels unaccepted, and flawed. When we want someone to be different, we are saying, I cannot love you this way. So how do we take responsibility for our creations? Our creations are what we believe about ourselves, which our world reflects back to us. They are what we believe about life, reflected back to us, and they are also the lessons we need to learn which are being kindly given to us over and over again.

We are all in human form to gather, heal and transform energies. It might take us many lifetimes of sinking deeper into despair, and yet we are never to be judged, for the more pain and heaviness we gather, the stronger and more courageous we are. Wow! Look how deep she is digging! And how much she is carrying! Holy! Is she strong! And eventually we all find out that these stories are merely stories, and not who we are. So we offer them up to be transformed and filled with light, creating a pathway of healing for those to come. So honor and love all aspects of life within yourself, all emotions, and all your stories, knowing that they never have been, and never can be, you. *see ad page 9*

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# 2012 YOUTH ENVIRONMENTAL LEADERS OF TOMORROW

Every year Earth Day Canada, with financial support from The Toyota Canada Foundation, recognizes the environmental leadership of graduating high school and Cégep students in Canada. The following are the 2012 scholarship winners.

## 2012 NATIONAL WINNER, NAVARANA SMITH (CANMORE, AB)



Navarana was a representative to the Jasper Summit on Sustainability where she developed ideas for sustainable practices and shared them with teachers from local schools to incorporate environmental education into the curriculum. Navarana also led numerous campaigns, petitions and presentations in her school. Her passion to protect pristine natural areas motivated her to spearhead an initiative that addressed over 260 students in response to the proposed supertanker related traffic through British Columbia's Great Bear Rainforest. Navarana went on to organize a community film screening of the award-winning documentary, SPOIL.

## REGIONAL WINNERS



Lauren Basden  
Halifax, NS



Matthew Green  
Toronto, ON



Liam Maclure  
Victoria, BC



Olivia  
Toussaint-Martin  
Québec City, QC



Veronika Bilicki  
Vancouver, BC



Simon Hartmgardt  
Oakville, ON



Janie  
Masse-Dufresne  
Val David, QC



Hayley Whelan  
Charlottetown,  
PE



Genevieve  
Carpenter-Boesch  
Gray, SK



Abigail Holt  
London, ON



Isabelle Neveu  
Prévost, QC



Sara Wyngaarden  
Elmira, ON



Laurissa Christie  
Tara, ON



Brian Irwin  
West Vancouver,  
BC



Nikita-Kiran  
Singh  
Red Deer, AB



Iechi Yona  
Dollard des  
Ormeaux, QC



Luke Ehler  
Dartmouth, NS



Simon  
Ilesperance  
Jonquière, QC



Darren Touch  
Calgary, AB



To read more about these outstanding young people, please visit [EARTHDAY.CA/SCHOLARSHIP](http://EARTHDAY.CA/SCHOLARSHIP)

**In loving memory of Yvette Eastman  
1938 - 2012 • Passed away March 24**



There comes a point in your life when you realize who really matters, who never did, and who always will. Yvette is one of those people who will always matter. Yvette started her career in Reflexology in 1974 and later founded what is now known as the Touchpoint Institute of Reflexology and Kinesthetics.

An advocate for women's rights, she was a pioneer, inventor, writer and published author, filmmaker, student and teacher, innovator, partner, animal and nature lover and humanitarian.

Sponsoring Yvette and assisting with dozens of classes over the last 15 years both in the Edmonton area of Alberta and in the Lower Mainland, BC, we grew to be fast friends.

As the years flew by I did have the pleasure of meeting Yvette's family: Geff, Linky, Samantha, Chris, grandchildren and Lance. Their presence obviously greatly present as I watched Yvette personally touch thousands of people as she taught her classes. I am grateful for this wonderful, quantum entanglement and that she graced my life with her wisdom, laughter, mirrors and joy as my best friend, colleague, and associate.

Namasté, In Lak'esh, Barbara

*Barbara is the Touchpoint Interim Director  
touchpointreflexology@yahoo.ca  
(780) 851-4530.*

*Issues for Empowerment  
becomes a  
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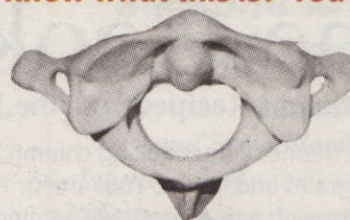
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# The Cook's Corner

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

Since the theme of this cooking column is to make things SIMPLE I have decided to use this page on grains and how to cook them. Please cut out the reference chart and post it on your refrigerator with a magnet. It will remind you how easy it is to add grains to your meals. This chart gives you the cooked time for each grain. Be sure to read the HINTS as some of the best data is in there.

Bon Appetit *Richard*



### GRAIN COOKING CHART

<u>1 cup Dry Grains</u>	<u>Liquid</u>	<u>Cooking Time</u>	<u>Cooked Grain</u>
Rolled oats (slow)	3 Cups	15-20 min	3 cups
Rolled oats (quick)	3 Cups	5 min	3 cups
Triticale flakes	2-1/2 Cups	15-20 min	3 cups
Kamut flakes	3 Cups	15-20 min	3 cups
Brown rice	2 Cups	35 min	2 cups
Millet	2 Cups	20 min	3 cups
Quinoa	2 Cups	15 min	3 cups
Barley (cracked)	2 Cups	soak overnight cook 10 min	4+ cups
Buckwheat (Kasha)	2 Cups	20 min	3 cups
CousCous	2 Cups	5-10 min. in hot water	3 cups

Pour boiling water over the grains, stir for one minute and let it sit.

For every cup of grain add 1/4 teaspoon of salt, it helps to bring out the flavour in the grain.

see past recipes at [www.issuesmagazine.net](http://www.issuesmagazine.net)

#### Hints:

- Flakes and rolled grains are primarily used for breakfast cereals and baking.
- Whole grains are usually cooked in casseroles, entrees or as side dishes.
- For fluffier whole grains: dry pan-roast the grain until fragrant then turn off the heat and pour in boiling liquid. Once the bubbling has subsided, bring the liquid to a low simmer (the top of the liquid is just moving), then cover. Instead of water you can use vegetable soup stock\*\* for dishes with a slightly different taste.
- To make stickier grains or flakes, stir them into the cold liquid and bring it up to a boil.
- For sweeter breakfast grains, cook in less water, then stir in some fruit juice before it gets too thick.
- If you wish to add dry spices such as cinnamon, nutmeg or chilis, stir in as you start cooking.
- Fresh ginger can be simmered in the hot water for 15 minutes before adding oatmeal. Grated ginger is quicker to cook.
- Breakfast grains, can have dried fruits, nuts, and seeds added anytime, depending on cooking time.
- For breakfast grains try stirring in chunks of fresh apple just before serving.
- Muesli: Mix slow oats with dried fruits and nuts. Cover in apple juice overnight. Add grated apple in the morning.

\*\* To make vegetable soup stock, save peelings and tough veggie pieces and boil for an hour. This releases the minerals into the water, and minerals make food taste good. I also use the water from steaming veggies as an added flavor. Good to use veggie water for cooking rice or creating a flavourful base for soups.

## The brilliant future of the recycling industry



by Antony Chauvet

Did you know that 25 out of 30 critical non-renewable resources are in permanent decline in the U.S.? Canada's situation is somewhat better, however many ores and minerals need to be imported. Furthermore, rising energy costs also mean that the price of these resources will rise in tandem.

Canada is currently the main exporter of potash, aluminum and sulfur to the US. Other non-renewables come from Asia, South America, Africa and Central Asia. Those exporters do not have limitless materials available, particularly considering local needs and increasing competition from China, India and other growing countries for imports. It is therefore obvious that mindful use of resources and recycling is necessary as we become more smart in ways to produce products.

My research shows that the recycling industry in Canada is not very developed, since a lot of companies strive on the direct exploitation of natural ores and minerals. However, recycling means extending the life of non-renewables and it has the benefit of reusing costly materials. Finally there is the potential of creating a lot of jobs.

Worldwide and regional demand is increasing and it not a matter of either direct exploitation or recycling; we will need both. Prices are rising and although direct exploitation may cost less in many cases, the demand will be such that recycling will in fact be the marginal supply that sets the price.

Necessity is the mother of economic virtue, and I remember when China restricted its exports of Rare Earth Materials (R.E.M.) two years ago, Japan's auto makers quickly adapted by creating very efficient recycling programs to recover the precious commodities for its products.

It has become sound business practice to collect electronic devices, recover the metals and ores in them and sell them on current market prices. Simple research shows that commodity prices have been rising over the past ten years, and there is no limit in sight.

Here is non-exhaustive list of materials in high demand-high prices that already are recycled: copper, silver, antimony, arsenic, barite, bauxite, bismuth, chromium, cobalt, fluorspar, gallium, germanium, graphite, indium, iodine, lithium, magnesium, manganese, nickel, niobium, nitrogen, perlite, platinum, quartz crystal, rare earth minerals, rhenium, rubidium, silicon, strontium, tantalum, tellurium, thallium, tin, titanium, tungsten, vanadium, vermiculite and zinc.

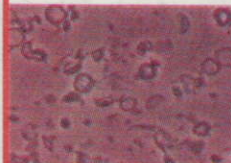
I would start by researching the demand and supply for some of these in Canada as it takes energy and labor to extract resources from products. I hope this information will be useful to those interested in recycling and in benefiting their communities with sustainable solutions.

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

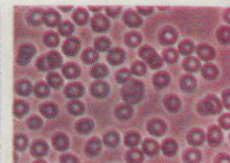
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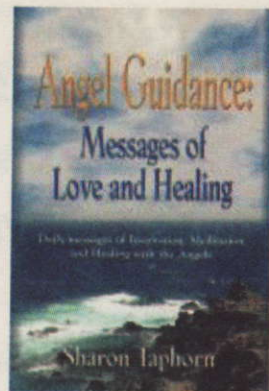
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## Angel Guidance:

Messages of Love and Healing

by Sharon Taphorn

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

Reviewed by Christina Drummond

"Why don't you put up a message that has no agenda other than helping people?" – this was the message Sharon received from the angels in a moment of requiring guidance as she worked on her blog for an online spiritual community. From using angel cards from decks designed by others, she progressed to sharing messages that she herself received from the angels, and was therefore guided to write this book.

There are 365 messages, each accompanied by an affirmation. You may wish to begin at the beginning and spend a year working through the messages, or you may simply open the book at random when you require guidance – follow your feelings, and either way you will find words that truly resonate. My senses of trust and connection with these messages began with the first time I let the book fall open to read No. 193, *Renewed Purpose*, which begins with the words "Trust and follow your renewed passion for life." How perfect for me at this time. Had I come across *Angel Guidance* in a book store, I would have been drawn to the cover photograph – having lived near the ocean for much of my life, I found watching and listening to the waves to be soothing, timeless and providing clarity of mind – a perfect situation to be truly open to angelic messages.

Having read many books of daily meditations and messages, I am struck by how Sharon's words in particular feel so personally directed, and there is great comfort and solace to be found in them. I have known Sharon for many years and can attest to her veracity, dedication and courage. She balances being earthly and deeply spiritual, speaks with vitality and humility, and is eminently suited to assist those seeking guidance from the angelic realms.

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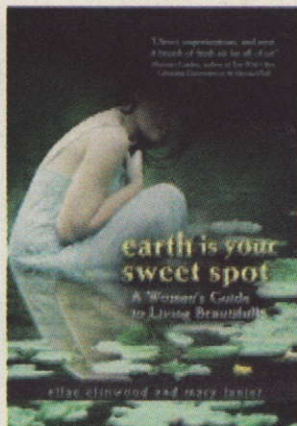
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# Book Reviews

Sharon and Ellae will be at the  
Wise Women's Festival,  
September 21-23  
at Naramata.



## earth is your sweet spot

A Women's Guide to Living Beautifully

by Ellae Elinwood and Dr. Mary Lanier

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

Reviewed by Frances Murphy

*Earth is your sweet spot* is a precious handbook for women. A lovingly gentle and simple guide to reconnect with our Earth Mother that explains time, relationships, both masculine and feminine, health, gratitude, power, responsibility, and much more! A how-to for engaging yourself in a love of living.

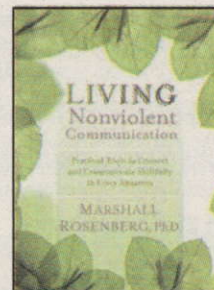
Author Ellae Elinwood lives in San Diego. For over 25 years she has been an intuitive healer and teacher of both wisdoms expressed in this book, and of other gifts to humanity. Co-author Dr. Mary Lanier has a psychotherapy and consultant background of 25 years. Dr. Lanier contributes her wisdoms of reconnection to Earth Mother after healing from her own personal crisis.

## Living Nonviolent Communications

Practical Tools to Connect and Communicate Skillfully in Every Situation

by Marshall Rosenberg • [www.SoundsTrue.com](http://www.SoundsTrue.com)

Every chapter is so full of good advice its hard not to copy out the book. For starters, did you know that to express anger fully we must not blame the other person for being responsible for our anger? This means getting out of the head space that someone did something to us. When we think that way, it is dangerous as vengeance is a distorted cry for empathy. When we think we need to hurt another, what we really need is for these people to see how much we have been hurt and that their behaviour has contributed to our pain. That is just one small point that Marshall makes in his book to bring peace to the planet. Much of the book I listened to on his CDs over the last five years ago. It takes a lot of practice to learn this new way of communicating, so having a book that I can leave in the bathroom will remind myself to keep practicing. The book provides excellent examples of situations so we can perfect our technique to listening deeply. Sounds True is now publishing books, so check out their website.



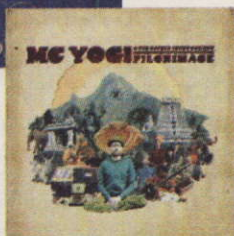
## More than Meets the Eye

by Sandy Wells

[www.sandywells.net](http://www.sandywells.net)

Thirty pages of orb photos, proving once again that the veils are getting thin. The photographs that I take at the Festivals show beyond a shadow of a doubt that orbs are real. I assume most of you have seen some on your own cameras. Sandy would like to connect and share stories if you have some.

# CD Reviews

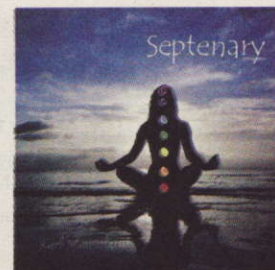


White Swan Records has many new recordings that have a focus of vibrations from India. This music is too abstract for me but if you check out the website you can have a listen.  
[www.WhiteSwanRecords.com](http://www.WhiteSwanRecords.com)

This was a gift from a friend whose friend has musical talent. The seven cuts are about five minutes each and emphasise the seven chakras. Easy-listening and meditative. Go online and have a listen. I was surprised at how many sites have it available to download.

## Septenary

by Karl Meinhardt



# The Directory

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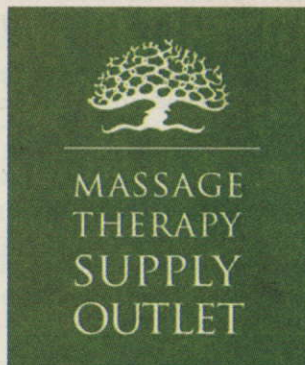
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