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Lament for Confederation

July 1, 1967, by Chief Dan George (Teswahn) 1899-1981
Empire Stadium, Vancouver, BC

How long have I known you, Oh Canada? A hundred years? And many, many seelanium [lunar months] more. And today, when you celebrate your hundred years, Oh Canada, I am sad for all the Indian people throughout the land.

For I have known you when your forests were mine; when they gave me my meat and my clothing. I have known you in your streams and rivers where your fish flashed and danced in the sun, where the waters said come, come and eat of my abundance. I have known you in the freedom of your winds. And my spirit, like the winds, once roamed your good lands.

But in the long hundred years since the white man came, I have seen my freedom disappear like the salmon going mysteriously out to sea. The white man's strange customs which I could not understand pressed down upon me until I could no longer breathe.

When I fought to protect my land and my home, I was called a savage. When I neither understood nor welcomed this way of life, I was called lazy. When I tried to rule my people, I was stripped of my authority.

My nation was ignored in your history textbooks -- they were little more important in the history of Canada than the buffalo that ranged the plains. I was ridiculed in your plays and motion pictures, and when I drank your fire-water, I got drunk - very, very drunk. And I forgot.

Oh Canada, how can I celebrate with you this Centenary, this hundred years? Shall I thank you for the reserves that are left to me of my beautiful forests? For the canned fish of my rivers? For the loss of my pride and authority, even among my own people? For the lack of my will to fight back? No! I must forget what's past and gone.

Oh God in Heaven! Give me back the courage of the olden chiefs. Let me wrestle with my surroundings. Let me again, as in the days of old, dominate my environment. Let me humbly accept this new culture and through it rise up and go on.

Oh God! Like the Thunderbird of old I shall rise again out of the sea; I shall grab the instruments of the white man's success -- his education, his skills, and with these new tools I shall build my race into the proudest segment of your society.

Before I follow the great Chiefs who have gone before us, Oh Canada, I shall see these things come to pass. I shall see our young braves and our chiefs sitting in the houses of law and government, ruling and being ruled by the knowledge and freedoms of our great land.

So shall we shatter the barriers of our isolation. So shall the next hundred years be the greatest in the proud history of our tribes and nations.



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Musing

with *Angele*, the publisher



The picture on the cover is my Mom, Tess Tessier, taken when she was 17 years old. Above is a picture of her at 87, taken in Terrace when I visited her in February. Mom was happy to have a chauffeur as she had given up her driver's license the year before and did not like depending on other people to drive her around. While I was there, Mom decided she wanted to come to visit me in the Kootenays for a while, and maybe even learn to use a computer. She was not feeling so peppy and occasionally she had been experiencing an accelerated heart rate and dizzy spells. Perhaps she sensed that something was happening, for just as I was about to leave on the plane, she looked me in the eye and said, "I want to die near you." I said, "Whatever, the little house is empty, ask someone to drive you down." She found a retired truck driver, as my brother was busy with his political campaigning.

Once we unpacked her boxes, Mom rested. The next day, she walked up the steep hill from the little house to our place. That evening, we had soup and a visit. The next morning, March 21, she sat up in bed and passed out. When I found her, her speech was slurred and hard to understand, and she could not move her left arm or leg, so Richard called the ambulance. The first night and next day in the hospital were the hardest as Mom struggled to understand why she could not walk or talk, but the morphine eased her distress and allowed her to be comfortable. I am grateful to have had some final moments at Mom's side, kissing and squeezing her hand, seeing the beauty in her sunken face, and feeling the gratitude that I had for having such a remarkable Mom. She was a carefree spirit who lived on the edge, doing what she wanted, when she wanted. She lived life to the fullest, a doer of the first order. Mom usually manifested what she wanted and now that things had slowed down, she wanted a quick exit. She left us on March 25th at 8:50 pm.

Tess was raised in a convent and her Mom did not get to hug her very often, so on her final night on Earth, that is what I did. I climbed into bed with her and just held her, telling her how much I appreciated her beingness. Afterwards, looking through her boxes, I found a file called *Memoirs*, where she talked about the nuns rapping her knuckles if she giggled, making her stand up to eat soup if she slurped and many more sad memories. When one is raised within such rigid parameters, the soul often rebels, seeking freedom from authority and a place to belong. She had to do things her way and seldom listened to advice, which made it difficult for people to live with her. Her sense of belonging went to the animals that she looked after and who adored her back. Many times she would say, "Dogs never talk back," plus they would do a little dance whenever she returned and that gave her a sense of happiness. She felt they set a good example: live in the moment, expect someone to feed and provide a roof, and get lots of exercise.

Over the years, I often joked with Mom that I thought her life purpose was to learn to be a Grandma. When I had my three children, she said she was too young for that and chose not to be around too much, although she did live with my family several times. She claimed to be part-gypsy and drove a purple motor home with splashy murals on it, touring many primary schools with her twelve dogs, teaching that if dogs can get along, so can children. Afterwards, she would do a slide show on her homesteading experiences or her adventures in the Arctic. She even published a children's book entitled *Iceberg Tea*, about her first poodle/terrier, Gigi, visiting the Arctic. Later she published *The White Spirit Bear* book, which is an amazing collection of photographs from colleagues and friends.

continues on page 6

STEPS ALONG THE PATH



Life is Short

In a previous column I told the story of how we rescued a crippled chicken and raised him at the Retreat Center. That story came to a close a couple of months ago when a young bobcat came into the yard and left us only a few chicken feathers lying on the ground. My final hope for the chicken was that his end came quickly without much pain. It is no surprise that I should say that because that is the same way I wish my ending to be, quick and without much pain. I imagine most of us would like to go peacefully in our sleep.

I really like a short video titled *Life is Short* which you can see on YouTube. In sixty seconds you see a baby being born and zooming through childhood, teenage years, young adult, middle age, old age and finally crashing into a grave in a big cloud of dust. As funny as it is... it appears to be true! When I was a child I remember playing with my friends and the days seemed to last forever. The older I get the quicker the days seemed to go. I am pretty sure that the clock is not really moving any faster than it was in my childhood, yet it appears to be the case. A new month starts and the next thing I know it is the middle of the month! I do not waste time watching television, I barely have time to read the pile of books that I have in my 'must read' collection, I do not sleep excessively so theoretically I have lots of awake time to do things. I get up in the morning, do lots of productive things, and the next thing I know the day is over feeling like there is so much left to do.

Another thought I read about the passage of time, is that each day we are given 86,400 seconds of life time to spend. Here in Canada we have a lot of freedom on how to spend our days, some work, some rest, some play. As I get older and I see friends and acquaintances departing this plain of existence I realize that my life experience can end at any point in time. I think I am at peace with that thought. It is my hope that during my lifetime I have contributed to the betterment of the planet, living an environmentally and socially conscious lifestyle. As one day, we will all find out that, 'no one gets out alive'.

Namaste *Richard*

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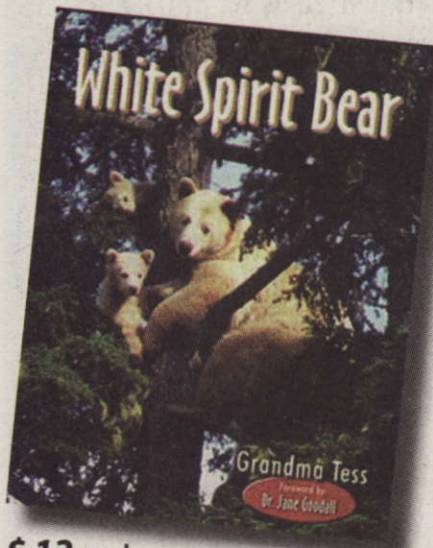


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Musings continued

For the past twenty years, Tess has lived near my brother Michael, his wife Patty and their twelve children, giving her ample opportunity to learn how to interact with people and be a Grandma. I am grateful that Michael is a dedicated son with an understanding wife who gave their kids that experience. Community and family life helps us to see our patterns and gives growth to our soul.

I am so glad that I did not put off my visit to Terrace, thinking I was too busy, till it was too late. I had wanted to visit for her birthday, November 30 (1925), but flights and timing did not work so I arranged it during my next distribution trip as it is easier to fly out of Penticton than Castlegar.

As usual, the angels have a plan and the timing was good, for I had booked a booth at the Body, Mind and Spirit Expo in Calgary, April 5-7. Afterwards I drove to Edmonton to visit my two grand-kids. The next day, my two sons and I drove to Terrace for Tess's Celebration of Life. We decorated the place with orchids and gave away many more, as that is something Mom would have liked. The grand-children arranged a slide show at the Celebration of Life and that evening, the family gathered for a longer explanation of our ancestry, reshowing the photos.

Mom always kept those stories alive as she was proud of the women she descended from, and the good deeds they did, at a time when it was not easy being a woman. Her grandmother moved to the Arctic in 1921 as a nurse and school teacher, and eventually operated a twenty-room hotel and trading post. In 1938, in a desperate attempt to get more supplies into Aklavik, she journeyed the Slave, Athabaskan and Mckenzie Rivers twice in one season and brought back ten ton of supplies each time. This was something unheard of, for if the river froze early, you would not be getting home. Tess's mother was a jockey and her father was a vet. When Mom and her two brothers were born, she became a shop-keeper and sold supplies to the Russian/Ukrainian folks as she had learned that language when she travelled there. This too was something unheard of at the time, as Russia was a communist state back then. There were so many interesting tales to share about her life.

After Mom died, I phoned the funeral home to ask the price of cremation and was told that \$3,800 includes everything. I also talked to my cousin from Calgary, whose husband died recently, and she said it costs about \$1,500 in Alberta for pick up, paperwork, casket, urn, everything. So I thought the BC cost was expensive and I asked for a breakdown: administration fees were about \$2,000, with an added \$1,000 for the cremation, \$400 to transport the body and \$400 for the casket. I asked if we could do some of this ourselves. The lady on the phone did her best to convince me that it was not easy and that it might take me up to six weeks to get the paperwork done whereas she could guarantee it within 24 hours. When I asked about picking up the body, she continued that there are many regulations. Richard then called Service BC to investigate further and I went to their website and printed off the forms. The regulations are: the casket must be enclosed, i.e., not in the back of a pick-up truck; the vehicle must be locked if you leave; and the process is to be done with respect.

The lady at the government office was knowledgeable and in just over an hour, I had the permit for transporting the body to the funeral home. While waiting for the e-mail, we filled in the data for the death certificate. It took Richard about a day to cut and hammer together a plywood coffin. Overall we saved \$2,500. As a final tribute to Mom, I found a 1940s metal sugar canister to put her ashes in, which the pioneer spirit in her would have liked. Using stars and happy faces, I pasted on a recent picture so that people could see what she looked like.

I am glad I changed the print date last year as that change has allowed me to accommodate the time needed to finalize Mom's last days. *Issues* magazine did get to print on time and the Spring Festival of Awareness is a wrap. When I get home from distribution, the garden will be awaiting my presence and I will know if my brother in Terrace got voted into politics. His daughter Meleah gave birth to a baby girl, April 15... and life continues onward.

Angele ♥

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In the Face of Adversity

by Kerry Palframan, RN

I recently had an extraordinary opportunity in the face of adversity. An opening came out of the blue to rent a condo in Florida for three months in the same building as my aging parents (whom I only get to see once a year). Four days after my arrival in Florida, the Board of Directors of the building found out I was not 55 years of age (I'm 52) and gave me 48 hours to vacate the premises (neither I nor my parents knew of this rule which was introduced in the complex two years ago).

The condo board did not care that the lady I rented from had already cashed my cheque and refused to refund my money. With a non-refundable plane ticket and the whole trip put on my line-of-credit, I found myself in a challenging situation. My first thought when I was told I had to vacate was "All is in Divine Order and I am being moved for a reason." I did not see how this was in Divine Order, yet I trusted and had a sense that this was some sort of Divine chess game in which I was being maneuvered into a different position as an opportunity.

With the condo gossip flying and advice being doled out freely, I was given the opportunity to witness the many different facets of emotional reactions of individuals and how they handled themselves. For me, all I could say was "This is out of my control but not out of my choice about how I respond." This clearly took people aback and many just continued to express their outrage. Yet by maintaining my choice and applying this adage in my life, I did not feel disempowered. Nor did I choose to get angry or fight back, indeed I did quite the opposite. I realized there is already enough war and ill-will on the planet and I was not going to contribute to this vibration.

I chose to act with integrity, nobility, responsibility, impeccability and grace. I felt quite at peace with these choices and I knew that the money situation would resolve itself and another opportunity or door would open as a result of what appeared, to everyone else, as some great injustice. Although it is still not clear what other opportunities await me, I am grateful for this opportunity to expand my own awareness, practice my self-mastery and stay in an empowered state.

I can only say it has strengthened my knowledge that the Cosmic Joke is alive and well and working in my life. All is in Divine Order and the new will arise out of what appeared as adversity on my doorstep. *see ad below*



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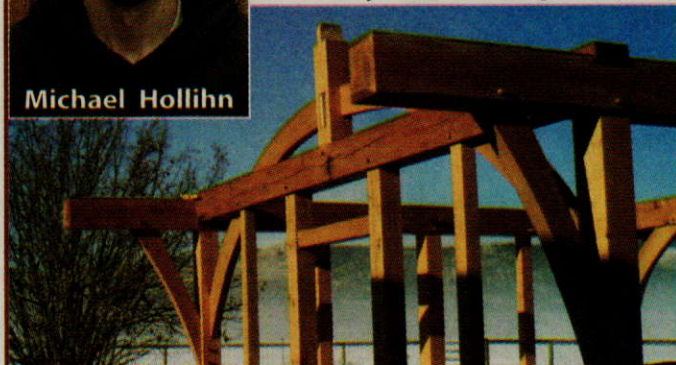


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REGULATION THERMOGRAPHY + THE THYMUS GLAND

by Dr. Ursula

A healthy thymus gland is critical for healthy immune function as it plays multiple roles. Research shows that the thymus gland is involved in the body's natural resistance to cancer and invading disease. According to the ancient Greeks, the thymus is directly related to the breath of life. It is also considered the storehouse of our past negative events. If you are witness to trauma or violence, that memory is stored in the thymus gland. There is a belief that our sense of belonging gets rooted here as well.

Why do you need to know the state of the thymus gland? If it is damaged, you may become more susceptible to autoimmune disorders. Furthermore, your emotional state may be affected and you may become very disoriented. This may result in two scenarios: either becoming extremely frightened of life or else becoming stuck in the physical, material world.

The thymus gland starts to shrink at puberty and continues to shrink until death, but the energy that it holds before puberty should continue to flow in a healthy adult. This may be why our immune system weakens as we age and why we become more open to chronic infections. If the thymus starts to shrink too early, certain health problems may arise. On the other hand, if the thymus becomes enlarged a different set of problems arise such as aggression and violence.

How can this gland become damaged? Alcohol, smoking, recreational drugs, some prescription medications (especially antibiotics and steroids) and chemical exposure all affect this gland negatively. Vaccinations, sugar and food additives are especially toxic and affect many children.

Not only physical but emotional stress damages the thymus. Emotional trauma, especially fearfulness in childhood that lasts over a long period of time, is extremely damaging. Brain injury also affects the thymus gland since this gland has a profound effect on the mind as well as the emotions.

Clearly, it is worth checking on the status of your thymus. Regulation Thermography is able to detect the functional signature of this important gland, and with this information thymus therapy through homeopathic toxicology and trauma repair can be started.



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CRANIAL SACRAL THERAPY

by Wayne Still

Among the many benefits of being a practitioner of bodywork are the opportunities to add more skills and to experience their benefits. The most recent skill I have learned is cranial sacral therapy, which was originally developed by an osteopath named William Sutherland in the first half of the last century. Through his observations and palpations he came to realize that the plates of the skull would move at the sutures where they join. Then he learned that all the bones of the skull were movable and responded to the breath. This was in direct contrast to the conventional wisdom of the time which was that the cranial bones became fused and immobile after birth. The work was then popularized by the late Dr John Upledger in the latter part of the century. He noted that there was a force inside the cranium which caused the bones to move in a detectable rhythm. This rhythm he found could be detected and manipulated in all parts of the body if a person had a sufficiently sensitive touch.

The name implies that there is a connection between the cranium and the sacrum and that this connection has a therapeutic potential. The connection is of course the spinal column and spinal cord. The spinal cord has a wrapping called the dura which is continuous with the membranes surrounding the brain. The same rhythm that was detected in the cranium could be followed down the spine and along the nerves branching off the spine. It turned out that there was a pump in the base of the skull which was pumping cerebrospinal fluid (CSF) throughout the cranium and the dura. The reciprocal movement of the CSF was the rhythm being felt. Like other inherent movements of the body, the viscera has a natural movement that can be used to effect changes in the body's structure when there is an imbalance.

The tensions are found mainly in the fascial system which Dr Ida Rolf called the organ of form. Imbalances affect the ability of the body to function at its optimal level. There are many reasons for the body to be out of balance but the imbalance always manifests itself as a shortening of the fascia or connective tissue in the affected area. The body is compensating for a trauma of some sort and the shortening is a brace or support while the trauma is being healed. However, and counter intuitively, when the healing is complete the bracing remains, creating an adhesion. This means that the loss of range of motion associated with the shortened tissue may become chronic with associated discomfort. The body keeps trying to release the adhesion, and this can be detected as a subtle movement associated with the adhesion. By following the movement a practitioner can help the body to release this adhesion with little discomfort.

This is where a therapy such as cranial sacral comes in. The skill set I learned in my basic training involved using directed pressure to restore length to connective tissue. This was an effective approach but could be uncomfortable for the client. Cranial sacral use a very light touch to encourage the restoration of the natural rhythms in the body and in so doing eliminates the adhesion. While the touch is light the effect can be profound. I have been trying for years to restore normal movement to my neck but was always stopped by a blockage deep in the base of my skull. At the end of the workshop the blockage released. Such a deep release has profound effects throughout the body, as previously chronically-shortened tissue is allowed to regain length and normal function. Another step along the long path of healing.



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Pure
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by Marion Desborough

While shopping with a friend I learned that she attended Terry Willard's Wild Rose College of Natural Medicine. We were going up and down the aisles when we came across an item that really excited her. It is called Wellskin Glaxal Base Moisturizing Cream, a hypoallergenic, perfume-free, lanolin-free, non-greasy moisturizing cream.

A teacher at the Wild Rose College highly recommended it because it is a pharmaceutical-grade moisturizing cream that is used as a base to make other products. On the container it advises for sensitive skin. She went on to explain how to make my own thinner 'lotion' to make it stretch farther.

I took 1/4 cup of the base cream and whisked it with 1 1/2 cups of purified water, and 'voila!' I had a great moisturizing lotion. I was so pleased I started experimenting and added some coconut oil and then some essential oils to give it a lovely scent. It is a little gritty but as I rub my hands it breaks down and is quickly absorbed.

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A Retreat to Set the Restart Button

by Satyama

More people are seeking a deeper experience away from their everyday routines. A retreat in nature over a weekend, a week or even a month, can truly alter one's level of understanding their position in the universe or purpose in existence. A retreat is designed to provide so much more than what a single class or instructional workshop can. When you make a commitment to take a deeper look into yourself, it is a sure indication that you are on the road to a beneficial change. This journey is of course life-long, very personal, and essential in these rapidly changing times. Attendance in weekly classes is often an indication that the person is attempting to become better, lose weight, get more flexible, or whatever other reason they choose to keep with a practice.

When the decision to attend a retreat is made, you know that the inner reach has gone a step further in your attempts to become better, lose weight, get more flexible, become more focused, or know your life purpose, etc. A yoga retreat, for example, can open a person up to the more subtle changes than just the physical body. Think of the pranamayakosa (breath body) that we don't often have time to explore in a yoga class, or even the manomayakosa (body of the senses) or the vijñanamayakosa, (the body of superior consciousness). Multiple teachings over time, in a setting away from one's home, can intensify bodily, energetic, emotional experiences, or even bliss-body experiences. Retreats can hold surprises for those choosing to partake and can happen with time spent in solitude or through interactions between people. Ultimately though, YOU are the one that makes the decision to be open to the magic and allow it to take you on the journey.

If there seems to be a lack of 'ease' in your life, you may want to consider a retreat this summer or fall. Why? To get away from your everyday experiences; be it your partner, your kids, your work, or something else that has formed a pattern. A break can help solve problems when you take time for reflection, allowing for the natural rhythms of nature to align

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Yoga, if you haven't heard by now, can change your life. It does make your body more flexible and with consistent practice, your life and mind become more flexible. Practicing to be content or at least peaceful in every situation, no matter what the circumstance. There are many retreats that are yoga exclusively or include yoga on the agenda to start or finish the day. In a retreat, you will meet people for who they truly are, instead of the professional roles they play. Don't we all want to meet each other authentically, putting aside the masks and being more real? Retreats not only provide time but they also provide exercises in mindfulness that can break barriers and teach us to communicate more clearly than what you might hear in an everyday social settings. Retreats are fun, conscious, and real, making school-house life on Earth a bit more understandable.

Food at retreats often helps you get on track with healthier, mindful eating, especially if they serve organic, vegetarian meals. I love not having to focus or worry about the preparation of food. At the same time, since health is my priority, I like to learn, or feel motivated into learning, greater knowledge about the energy of food, and how to sustain myself in a healthier state as I mature gracefully.

Meditation... ever tried meditating? Does it feel like you can never quiet your mind? Have you stuck with it? A retreat can give you a kick-start or a re-start to a more mindful you. Meditation can assist you in communicating better, becoming a better listener while learning to be an observer, rather than a reactor. As you slow down you learn to act intuitively and stop expending your valuable energy on things or people that don't serve you. Your sadness can melt into the pain and then be let go of, as existence turns into blissfulness. We all need quiet time so we can feel centered and know our place in the universe. A retreat often assists in giving us the space so we can reflect on questions like, "What do I want out of life?, or Who am I?, or What is my purpose on earth?" Questions that need clear answers can pop up, facilitated or when you are alone.

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You may even incorporate what you learned while on retreat into a daily routine, be that a new yoga posture, a new way of living, or something more magical that you can't even imagine for yourself at this point in time. When you are ready to partake in a retreat, be it for meditation, yoga, or learning something new, it adds the element of readiness,

that you are ready to have something change in your life. Often afterwards we appreciate ourselves for the gifts that we give ourselves and since others do notice the difference in us, we are left wanting to participate more in these in-depth studies of being human.

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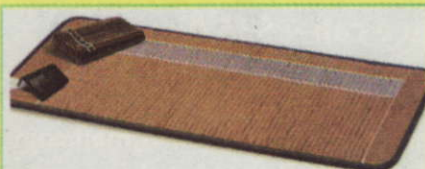
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The ZENWAND

a recently designed meditation tool

by Dawn Reid-Reiner

This a true and beautiful story that was gifted to me in a dream-visit from my Mother, two years after her passing. Later I realized she visited me on her birthday. In my dream she placed a beautiful wood stick in my hands and told me it was called a Zenwand. This was 2008, and at that time I was pretty much unaware of what spirituality meant.

Mum said, and I quote "It is a Zenwand." So I asked "What is a Zenwand?" She explained that it was for mindfulness, meditating, yoga, being in the now. At that time I had not even heard of Eckhart Tolle. She said "Move it, gently wave it." I did and it made the most beautiful soft chime sound, much like the Tinker Bell magic.

I asked who was going to buy this? She said "People who like Oprah, shop at Lululemon, school teachers, and people who like Starbucks." I remember laughing and thinking that what she said was just silly. She told me not to take it lightly. She then mentioned a few other details about the Zenwand and what it did for people. I have now come to understand it is a universal tool to help us manifest positive thoughts and intentions.

When I woke up that morning, I laughed and thought what a crazy dream, but then minutes later I realized it wasn't just a dream. She had been in my dreams before but never like this. It was direct, it had purpose, color, sound and was so clear. I went directly to my computer and googled Zenwand, there was nothing listed so I looked up chimes, bells, wands, mantras, mindfulness, meditation, yoga, intentions, etc. I bought www.zenwand.com that day. Then I began to educate myself on this vast topic.

What did she mean, people who like Oprah? That was sure a lot of people. What I feel she meant was people who are spiritually enlightened. People who shop at Lululemon, well they do yoga, martial arts, meditate, etc. As for Starbucks, that seems to the age of the people that buy my Zenwand.

I have had 100% positive feedback with reorders. People want to hear my story, where it came from, how it is a sacred tool that they can hold, manifest, meditate with to create their intentions.

There is more to my story but I don't feel I am a writer. I just want to connect with people so that you know our loved ones that have passed are in a wonderful place of understanding.

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Degenerative diseases have increased dramatically over the years, including heart disease, diabetes, cancer, cystic fibrosis, osteoporosis, arthritis, emphysema, multiple sclerosis, colitis, arteriosclerosis, muscular dystrophy, and more. Newer labels include Alzheimer's, AIDS, hyperactivity, PMS, chronic fatigue syndrome and Parkinson's. This dramatic increase in degenerative diseases is understandable because it parallels a dramatic increase in the toxins we are exposed to; automobile exhaust, insecticides, fungicides, herbicides, synthetic fertilizers, household poisons, air fresheners, anti-static dryer products, polishes and nuclear radiation. The very materials the body needs for self-cleaning: water, oils and vegetables, have now become the carriers of poisons instead of cleansers. Little wonder our systems are over-burdened.

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INSPIRED BY INDIA

by Lynne Gordon-Mündel

When I returned from India two weeks ago I had two words to describe my feelings about that fascinating land: *colorful*, and *humbling*.

Colorful is clearly India. Brilliant saris, orange-garbed Sadhus, monks in red robes, prayer flags, flowering rhododendrons, painted rickshaws and bicycles – even the trucks were painted and decorated with bright colors.

Humbling, however, is a feeling that came about as I had the opportunity to see more deeply into the lives of those who work to alleviate the results of extreme poverty. There are many, but the scenes that touched me most deeply were in the hospital. I now carry in my heart vivid photographs of men and women of all ages, and children, sitting in waiting rooms – some on chairs, some on the floors – their eyes curious about these strange, white people – my son and myself. Most of them were clothed in rags – colorful rags, washed, but washed in streams more closely resembling sewage. They were waiting to be treated free of charge, by doctors, nurses, technicians and others who work for no fee. Expenses are paid but their work is freely given. And, as one example, the anesthesiologist is the only anesthesiologist and she is on call twenty-four hours a day, seven days a week. Their dedication is founded upon and motivated by their recognition of need, and their spiritual conviction.

I return to my home and my work inspired, knowing this dedication exists. I know also that, in our own way, we who remember the Source of all life and live to remind others are helping also. When, here at home, egos argue with the awakening energies, I will remember those devoted individuals and continue my work with deepened resolve. Here, as there, we provide a place where Sanity and Love can be felt and where the perceived distance between humankind and our Creator can be healed. There are good people all around our world, inspiring hope for the future.

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BECAUSE I DESERVE IT

by Lokita Harmony Rayne

Violence against women must end. However so must violence against men, children, elderly, animals, homeless, homosexuals, blacks, reds, blues, browns, purples and ourselves! I have learned that the only way for that to happen is to start with myself; because I am the only one I can change. This article is the summit of ending the violence in my life.

I have been involved with violence since my birth. Violence is hitting, kicking, pushing and biting, But it is also created when one insults, screams, belittles, condescends, patronizes, lies, threatens, uses the silent treatment or pushes another's buttons. All passive-aggressive behaviors are violent. Even smoking is a violent act against one's self, which I am still working on.

Violence begins with me, so it stands to reason that it also ends here. When I am violent against someone else, it is because I am displeased with myself. When I am violent against my lover, it is because I feel I cannot be myself. Maybe they have reminded me of some aspect of myself I dislike, so I vent, knowing I will be forgiven, maybe even denying the pain I am causing. Sometimes a fear is triggered that I will lose some aspect of their love.

If I am violent toward my child, it is because I fear they will hurt themselves, or follow in my footsteps. I know now their behavior reflects my parenting skills. If I teach my child to be violent through violence, it is because I possess no skills to do otherwise. My pain is reflected toward me so I may grow and become aware. With coworkers and strangers, I see it as an insecurity. Violence breeds more violence. When I allow someone to be violent against me, or stay in a violent situation, no matter who the offender is, it is because a part of me feels I deserve to be violated or simply that I crave attention so badly that any form of attention will suffice.

My Dad reminds me that though I need to take responsibility for my actions, so too do I need to allow others to take responsibility for their actions and reactions to mine. Today I choose not to be violated, to stand up for myself, and walk away from harmful relationships. I am ending the cycle of violence in my life. When I am angry, afraid or insecure, I will act with love and understanding. My ex-mother-in law used to say "kill them with kindness." This has stuck with me and aided in my quest for harmony. Now this may sound simple on paper, but it much more difficult in reality. It takes a conscious effort. I started with apologizing for things, even to myself. Eventually I was able to stop before I started, at least most of the time.

In my later childhood I was surrounded by such phrases as "Fake it till you make it," and believe me this worked. I pretended to be happy, or accepting, until it became a reality. By changing my attitudes I changed my behavior. Next was forgiving myself, and then others for the pain created through violence. This was a long, difficult and painful process which I am still working on. Some things heal in layers.

When I return to my old 'monster mode' I talk myself out of it, or seek outside encouragement. Sometimes a movie with a happy ending will suffice. This was not always the case, it used to be that watching or hearing words of encouragement would only make me feel worse, helpless, worthless, and hopeless. Once I changed my focus to the positive, the negative thing dwindled significantly.

This process started when I decided I did not want my daughter to grow up in an environment of violence. I don't want the cycle to continue, so I educated myself. It has been a long row to hoe, but for the most part I know I deserve better. I have had help from loved ones and strangers alike, from technology and nature. Drawing strength from all corners of my universe, and utilizing tools from many spiritual traditions. I greedily snatch up anything enlightening that crosses my path. I have come to realize that It comes down to a choice, and I choose to be open to the positive things in life. Today I focus on living in harmony with myself, even with my flaws and mistakes; and doing my best to spread harmony wherever I go.

ICELAND

No news from Iceland? Why?

Iceland's on-going revolution is a stunning example of how little our media tells us about the rest of the world. We may remember that at the start of the 2008 financial crisis, Iceland literally went bankrupt. As one European country after another fails, imperiling the Euro, with repercussions for the entire world, the last thing the powers-that-be want is for Iceland to become an example. Contrary to what could be expected, the crisis resulted in Icelanders recovering their sovereign rights, through a process of direct participatory democracy that eventually led to a new Constitution.

During 2009 the protests and riots continued, eventually forcing the government to resign. Elections were brought forward, resulting in a left-wing coalition that demanded Iceland pay back three and a half million Euros or \$130 per person for fifteen years. It was the straw that broke the reindeer's back.

What happened next was extraordinary. The belief that citizens had to pay for the mistakes of a financial monopoly, and that an entire nation must be taxed to pay off private debts was shattered. The Head of State refused to ratify the law that would have made Iceland's citizens responsible for its bankers' debts, and accepted calls for a referendum.

Of course the international community only increased the pressure on Iceland. Great Britain and Holland threatened dire reprisals. As Icelanders went to vote, foreign bankers threatened to block any aid from the IMF. The British government threatened to freeze Icelandic savings and checking accounts. In the March 2010 referendum, 93% voted against repayment of the debt. The IMF immediately froze its loan. But the revolution (though not televised in the United States), would not be intimidated. With the support of a furious citizenry, the government launched civil and penal investigations into those responsible for the financial crisis. Interpol put out an international arrest warrant for the ex-president of Kaupthing, Sigurdur Einarsson, as the other bankers implicated in the crash fled the country.

But Icelanders didn't stop there: they decided to draft a new constitution that would free the country from the exaggerated power of international finance and virtual money. To write the new constitution, the people of Iceland elected twenty-five citizens from among 522 adults not belonging to any political party but recommended by at least thirty citizens. This document was not the work of a handful of politicians, but was written on the internet. The constituents' meetings are streamed on-line, and citizens can send their comments and suggestions, witnessing the document as it takes shape. The constitution that eventually emerges from this participatory democratic process will be submitted to parliament for approval after the next elections.

Today, that country is recovering from its financial collapse in ways just the opposite of those generally considered unavoidable. The people of Greece have been told that the



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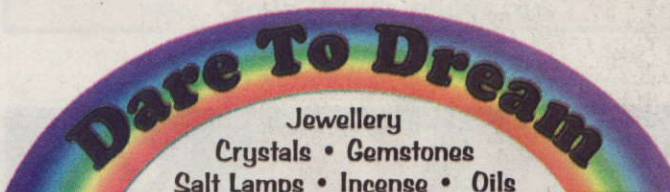


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privatization of their public sector is the only solution. Now Italy, Spain and Portugal are facing the same threat. That's why Iceland is not in the news anymore.

We, the 99%, need to embrace Iceland's example and understand how 'we the people' can once again be sovereign. Ready to learn more, than do a Google search...Iceland revolution or www.leaksource.wordpress.com.

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The Holy Grail

by Ankit Rao

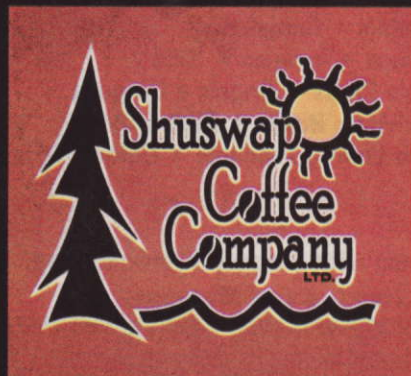
I left England in the summer of 2009 on the search for the Holy Grail. No, not everlasting life or monetary riches, but the search for Happiness. A nature lover at heart, I searched for Happiness in the rainforests of Thailand, the mountains of Nepal and the organic farms of Canada. I gained a sense of peace and solitude while walking silently in nature and seeing animals and plants living in complete balance with one another. The soothing colours of greens, blues and browns coupled with nature's own musical symphony all helped to calm my mind and soothe my soul.

I also spent ten months in India reconnecting with my family. The support and love that they offered provided me with a sense of belonging and feeling cared for. I connected with a whole community of volunteers while teaching displaced Tibetans, which lead me to feel part of something whole. There was an energy that I encountered in the presence of like-minded individuals that helped to inspire me. I gained a sense of happiness in all of these situations, but my happiness eventually dwindled away. Why? The answer was transience. I had spent a blissful time in nature, but I got pangs of anxiety and stress as I once again returned to the city. Family and community had supported me greatly, but disagreements on anything from lifestyle to money choices could leave me with a bitter taste, and yet when I flew to Canada and left my family behind, it was as if I'd left my sense of well-being with them.

These external elements seemed to have provided me with feelings of happiness but due to the inherent transient nature of them all, it only lead to a short-term sense of well-being. If long-lasting happiness could not stem from any of these elements, then where could it? What I realised was that the key to long-lasting happiness was inside me. If I could find happiness merely by being at peace, then it would not matter whether I was surrounded by nature, family or community. I would still be happy. So I chose to embrace life's ups and downs with open arms and saw them as learning experiences, which I did not need to categorise as positive or negative. The so-called unhappy times of my life ultimately made me stronger and as such there was joy to be found in my growth.

Instead of getting upset when family or friends treated me poorly, I tried to understand why they were acting the way they did. With this new found understanding came my acceptance of their actions and to a freedom of judgement which released the shackles that had kept my happiness at bay.

Although I had focused on learning from past mistakes and making plans for the future, I had spent less time fully involved in my day-to-day activities. I decided to slow down and envision daily tasks such as brushing my teeth or eating my food as a meditative practice, for meditation did not have to be confined to only a prayer room. By bringing this mindfulness to all facets of my life, I saw the joy that life brought at ev-



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"When the mind is pure, joy follows like a shadow
that never leaves." ~ Buddha

ery second of the day. What I discovered was that happiness was not a goal to be reached or a journey to be walked on. I need not walk anywhere as it was right where I was standing. Happiness was a choice I could make and Happiness was now.

Nature, community and family-all gave me a sense of happiness, but finding happiness within myself was the permanent anchor that kept me steady in rocky seas. However, if happiness was within, what place did community, nature and family really play in my life? Love, not the 'mind' kind of love which involved chemicals reacting in my brain leading to attraction, attachment or my need to control another person, but rather a 'heart' kind of love; an unconditional love where I cared about everyone and everything without expecting anything in return.

True Love was unconditional, however when I had thought of this philanthropic ideal, I envisaged those with money or time reaching out to those 'without'. I had spent a lot of time teaching displaced Tibetans or helping organic farmers, however, I realised that philanthropy was 'love of human kind'. It did not depend on the giver being wealthy and the receiver being poor, for philanthropy is our ability to help others regardless of their or our societal status or what they may or may not have. In true philanthropy, I could help the beggar on the side of the street as well as assist a wealthy person cross the road.

Though how could I show true love without being happy within myself, for love born with my hatred, anger or fear was tarnished with my own emotions. In the past I had craved love in order to cover the unhappiness within myself and when I offered love, it was with the expectation that it would be reciprocated to help fill my own void. Yet if I was happy inside, then the love I offered would be pure and offered with no conditions. I would not be offering my love in order for it to be reciprocated, as I would already be happy and full of love inside myself.

What had I learnt on this journey? Without being truly happy, I could not offer true love. And without offering true love, my happiness was like a teacher who spoke to an empty classroom. A teacher is dependent on providing knowledge to its students, and similarly, my happiness couldn't be true without its transformation into love via the interaction with my community, my family and nature.

True Love is the external manifestation of my own happiness. By developing happiness inside myself, I began to appreciate the beauty and joy of what nature, community and family brought, without being so devastated when I did not have access to them or when they did not offer what I expected of them. The key to unlocking this non-attachment was by discovering that happiness was inside me. By realising this, I've gained a longer lasting bliss for myself and a greater ability to gift true love and compassion to others.



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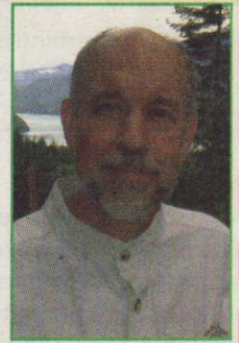
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The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

This simple Chickpea Casserole has been a standard dish at the Retreat Center. There is nothing too exotic in the ingredients that you do not already have in your basic kitchen supplies. Once you have tried it, I encourage you to become adventurous and spice up your next version. This recipe originated from Gina and Robert Fraser from Perth, Australia. I also included a really simple Veggie Bake.

Bon Appetit, *Richard*



Chickpea Casserole Serves eight



Ingredients:

- 2 cups **Dried Chickpeas** (cooked as below)
- or- two 15 oz. cans of cooked Chickpeas
- 2 large **Onions** (chopped)
- 3 **Garlic cloves** (crushed)
- 3 Tablespoons **Olive Oil**
- 1 heaping Tablespoon of **Whole Wheat Flour**
- 1/2 cup **Fresh Parsley** (chopped)
- 3 chopped **Tomatoes**
- or- one 540 ML can of cooked tomatoes
- + **Salt** and **Pepper** to taste.

Directions:

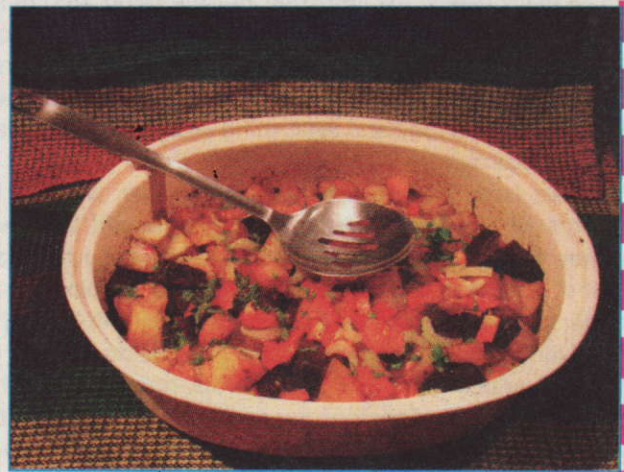
- Saute onions, garlic in the olive oil until the onions are translucent.
- Add tomatoes, salt and pepper to the pan.
- Simmer (= cook on low heat) for 10 minutes.
- Sprinkle on and stir in flour to thicken.
- Stir in your cooked chickpeas
- Simmer for 10 more minutes
- Pour this cooked mixture into the baking pan and bake for 20 minutes,
- Remove from the heat and sprinkle on parsley.

Cooking Chickpeas (Garbanzo beans)

2 cup dried chickpeas makes 6 cups cooked chickpeas (One 15 oz. can of chickpeas is about 2 cups)
Place dried chickpeas in a bowl, covering with water, soak overnight. Drain chickpeas and rinse them several times. Place the drained chickpeas in pot with fresh water, and bring to a boil. Allow to boil for 5 minutes, then simmer on low for about an hour until cooked. Drain off liquid.

Utensils: One large (4-6 liter) pot with a lid • cutting board • a large sharp knife • garlic press • wooden spoon • measuring cup and spoons • 9 x 14" baking pan

Veggie Bake Variable servings



Ingredients:

Look around your kitchen and collect any of the following:

Onions - Garlic - Potatoes - Beets - Yams - Sweet Potatoes - Squash - Carrots - Cauliflower

You are basically looking for hard vegetables (not mushrooms, peppers or celery, etc.)

You also need **Olive Oil**

2 Tablespoons of **Basil**

Salt and **Pepper**

1/4 Cup of **Water**

Preparation:

Pre-heat the oven to 350 Degrees
Wash and peel the vegetables if necessary. Cut into 2" cubes. The garlic should be peeled. Brush everything with **Olive Oil**
Sprinkle with **Basil**
Sprinkle with **Salt** and **Pepper** to taste.
Put water in the bottom of the pan.
Cover the baking pan with foil and bake for 2 to 3 hours until the veggies are tender.

Serve either dish with a salad or steamed veggies
Maybe a dressing, mustard, pickles or sauerkraut

see past recipes at www.issuesmagazine.net

Top TEN things YOU can do to Save Energy and Money

by Antony Chauvet



1- Insulate your walls and ceilings. This can save 20 to 30 percent of home heating bills and reduce CO₂ emissions by 140 to 2100 pounds per year.

2 - Plant shade trees. Well-planned landscaping isn't just for aesthetics – properly placed trees around the house can save between \$100 and \$250 annually.

3 - Weatherize your home or apartment, using caulk and weather stripping to plug air leaks around doors and windows. Caulking costs less than \$1 per window, and weather stripping is under \$10 per door. These steps can save up to 1100 pounds of CO₂ per year for a typical home. Ask your utility company for a home energy audit to find out where your home is poorly insulated or energy inefficient. This service may be provided free or at low cost. Make sure it includes a check of your furnace and air conditioning.

4 - Turn down your water heater thermostat. Thermostats are often set to 60 degrees when 50 is usually fine. Each 10 degree reduction saves 600 pounds of CO₂ per year for an electric water heater, or 440 pounds for a gas heater.

5 - Turn your refrigerator down. Refrigerators account for about 20% of household electricity use. Use a thermometer to set your refrigerator and freezer temperature higher. Make sure that its energy saver switch is turned on. Also, check the gaskets around your refrigerator/freezer doors to make sure they are clean and sealed tightly.

6 - Select the most energy-efficient models when you replace your old **appliances**. Look for the Energy Star Label - your assurance that the product saves energy and prevents

pollution. Buy the product that is sized to your typical needs - not the biggest one available. Front loading washing machines will usually cut hot water use by 60 to 70% compared to typical machines. Replacing a typical 1973 refrigerator with a new energy-efficient model saves 1.4 tons of CO₂ per year. Investing in a solar water heater can save 4.9 tons of CO₂ annually.

7 - Wrap your water heater in an insulating jacket, which costs just \$10 to \$20. It can save 1100 lbs. of CO₂ per year for an electric water heater, or 220 pounds for a gas heater.

8 - Whenever possible, walk, bike, car pool, or use mass transit. Every litre of gasoline you save avoids 6 pounds of CO₂ emissions.

9 - If your car has an air conditioner, make sure its coolant is recovered and recycled whenever you have it serviced. Leakage from auto air conditioners is the largest single source of emissions of chlorofluorocarbons (CFCs), which damage the ozone layer as well as add to global warming. The CFCs from one auto air conditioner can add the equivalent of 4800 pounds of CO₂ emissions per year.

10 - Work with your employer to implement these and other energy-efficiency and waste-reduction measures in your office or workplace. Form or join local citizens' groups and work with local government officials to see that these measures are taken in schools and public buildings.



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HAPPY MOTHER'S DAY

A Message From a Mom

The following article is based on a **Letter of Independence** that I presented to my daughter about twenty five years ago, in the early years of my drug and alcohol recovery process. Although intended as steps toward accountability and empowerment, I knew that I could be risking rejection. Today, I cannot express the joy and celebration we continue to experience by consciously updating and re-creating our authentic relationship. Kathrine Sue

Did you know that Mom is not who I am?

Mom is a role I agreed to take on until you connected with your inner guidance or parent.

I was quite certain that I qualified for that part, after all I was female, played with dolls, babysat younger siblings, and stared with amazement each time a 'bundle of joy' was brought home from the hospital. To further ensure my success, I faithfully watched *Super Moms*, *Leave it to Beaver* and *Father knows Best* on TV, memorizing their scripted behaviors and responses by heart. I was so anxious to get on with my life's purpose that by 17, I realized my dream. The blonde-haired, blue-eyed, chisel-chinned Swede seemed the most likely prospect to make it happen, so I set my feminine wiles in place. Although a pregnancy ensued, after a few short months I was introduced to the reality that so many Moms experience, the loss of an unborn child. A couple of years later, with both mind and heart now engaged, destiny stepped in as I encountered that gorgeous guy dressed in his Air Force blues standing in the lobby of a restaurant. Obviously he was waiting for something, my quickened pulse ensured that it was me.

A year after a beautiful wedding, you arrived. The first time they brought you in, I unfolded your blanket and there you were, all five and a half pounds. A mini version of him, with your dark curly hair and olive skin, tainted with a bit with jaundice. Love from my Soul surged through my body and flowed from my eyes. You were perfect!.....and I was scared to death! This tiny being was depending on me to save her life.

I wish I could tell you I was great at being Mom, but often times I felt like a failure. Even in the hospital, I was unable to relax enough to allow my milk to flow, so I couldn't nurse you. At six weeks old you were admitted into the hospital with bronchial pneumonia. Each time I sat by your crib, my fear and grief were triggered and amplified by the memory of the loss of my previous unborn child. As I held you, my tears seemed to trigger yours, so, in spite of the overwhelming feelings of incompetence, I learned not to cry. I read the books, observed other moms, watched more TV series and marvelled at how women have played their part so naturally, for eons.

The saving grace presented itself one night when, frightened and exhausted, I placed you in your Grandmother's arms. She was a strong woman, yet so gentle. Just one month previous to your birth, she had buried another baby girl. She would eventually experience eighteen pregnancies, with just half of them surviving.

She held you like she knew you, and within moments, I knew you were safe. As I watched you sleep, your tiny head cushioned against her breast, in that moment I recognized the personification of what it truly means to be a Mom. It wasn't the role the women in the movies or on television played. It wasn't clean and starched with perfect hair and high heels. It was the vision of this seasoned little woman in her nightie, rocking you back and forth. She knew the fragile, delicate nature of your tiny Being. She innately trusted herself and trusted that something greater would

continues on page 32

If Your Doctor Insists That Vaccines Are Safe, Then Have Them Sign This Form

Dave Mihalovic is a Naturopathic Doctor who specializes in vaccine research, cancer prevention and a natural approach to treatment. Decide for yourself by taking the time to read the article and comments on www.preventdisease.com.

The one I liked best was by Amelia Deboore from Santa Monica, California.

"It's a shame that forms like this aren't part of our reality! We sign longer documents to buy cars or rent an apartment but most people spend no time at all being injected (and injecting their children) with God-knows-what."

The average person that consents to a vaccine injection, either for themselves or for their children, genuinely believes it is for the betterment of health. What they are not aware of is that even their doctor is likely unfamiliar with the toxic ingredients contained in vaccines which can immediately begin to degrade both short- and long-term health. If your doctor insists that vaccines are safe, then they should have absolutely no problem in signing this form so that you may archive it for your own records on the event of an adverse reaction.

The reality of vaccines is that they are a far greater risk to human health than benefit and always have been. In fact, two centuries of official death statistics show conclusively and scientifically that modern medicine is not responsible for and played little part in substantially improving life expectancy and survival from diseases in developed nations.

In North America, Europe, and the South Pacific, major declines in life-threatening infectious diseases occurred historically either without, or far in advance of, vaccination efforts for specific diseases.

Whenever I personally inform medical doctors of these realities, many of them are quite shocked with the data. That's not surprising considering the fact that medical students are still brainwashed that vaccines immunize which is a myth in itself, since natural or "real" immunity can never be artificially induced by a vaccine.

Other misinformed educators also still rely on the myth of herd immunity which is nothing short of medical fraud. It is a shame and embarrassment that brilliant students are deceptively led down the path of ignorance every single year at prestigious medical institutions in the hopes of obtaining an education. These students then become the physicians of a good percentage of the population.

One of the problems we have in a society filled with misinformation about health, is that people sit on the fence. They want to conform to the societal norms ingrained in our minds about conventional medicine, but they also want to stand up for their beliefs and conscience. These fence sitters are made up of those who understand that current vaccination practices are unsafe, yet somehow also believe you can make vaccines safer or more effective. That is where we have to shift the opinions of those who are on the fence and have them fall off on the side of natural health rather than conventional medicine.

I have previously written that if your doctor cannot answer four basic questions, don't vaccinate. Well, if your doctor does make an attempt to answer these questions and a verbal response and statement is not satisfactory for your own peace of mind, then your doctor should be at least willing to provide you with his or her personal declaration of the safety and efficacy of the vaccines he or she (or attending physician or nurse) is about to inject in your or your child's body. Effectively, this becomes your doctor's warranty that the risk factors he or she has identified justify the recommended vaccinations with the benefits exceeding the risks. *The form on the website is much more than what is to the right.*

ONGOING EVENTS

CANADIAN SOCIETY OF QUESTERS

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

MONDAYS

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FRIDAYS

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SUNDAY CELEBRATIONS

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

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

Physician's Warranty of Vaccine Safety

I am aware that vaccines may contain many of the following chemicals, excipients, preservatives and fillers:

- * aluminum hydroxide and phosphate
- * ammonium sulfate and amphotericin B
- * arginine hydrochloride
- * dog and monkey kidney
- * chick embryo, chicken egg, duck egg
- * calf (bovine) serum
- * fetal bovine serum
- * formaldehyde and formalin
- * gentamicin sulfate
- * hydrocortisone and hydrolyzed gelatin
- * mercury thimerosal
- * monosodium glutamate (MSG)
- * monobasic potassium phosphate
- * neomycin and neomycin sulfate
- * phenol red indicator
- * phenoxyethanol (antifreeze)
- * potassium chloride
- * potassium diphosphate
- * potassium monophosphate
- * polymyxin B
- * polysorbate 20 and 80
- * residual MRC5 proteins
- * sodium deoxycholate
- * sorbitol and thimerosal
- * tri(n)butylphosphate

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May 10 - 12
Grief and Loss
Deb Bennett

May 18 - 20
OPENING THE SEASON
Spring Work/Party - FREE

May 21 - 26
Theatre 'Acting' Camp
Edward MacLeod

May 26 - 31
Buddhist Retreat
Don McEachern

May 31 - June 2
Growing Mushrooms
Peter McAllister

May 31 - June 2
Reiki Gathering
Chelsea Van Koughnett

June 3 - 18
Permaculture Design
Sarah Orlowski

June 7 - 9
The Divine Child Within
Elisabeth Guentert

June 15 - 18 or 20
Creative Mandalas
Ted Wallace

June 21
SUMMER SOLSTICE
a FREE event

June 21 - 29
Living on the Earth
JLRC Staff

June 28 - 30
Taking Control of your Health
Crystal Lee

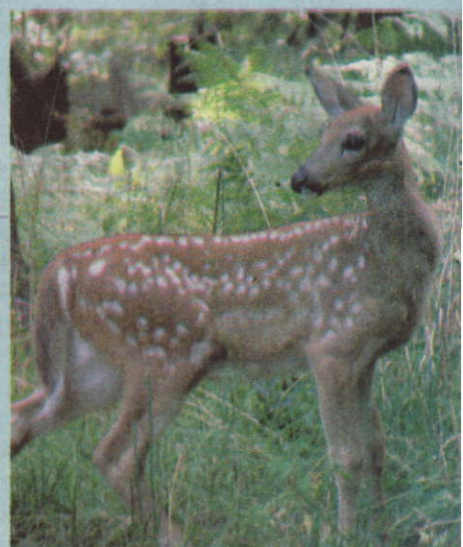
June 30 - July 7
Cabin Building
Don Lee and crew

July 5 - 7
Self Hypnosis and EFT
Curtis Stevens

July 12 - 14
Couples Path to Partnership
Jon Scott

July 20 - 26 or August 1
Mindfulness Meditation and Buddhist Philosophy
Brian Ruhe

ALL SEASON we will have building projects including roofing the new Dome. If you have expertise and time to share, please contact us.



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Playshops for 2013



August 10 - 16

Tai Chi Summer Camp

Hajime Harold Naka,
Arnold Porter & Brian Knack

August 19 - 25

Intuitive Painting

Ted Wallace

August 19 - 25

Timber Frame Building

Michael Hollihn

August 25

Seed Saving

Patrick Steiner

August 30 - Sept. 1

Multi-Colour Fabric Dyeing

Susan Lopatecki

August 30 - Sept. 2

Tantra for Couples

Satyama Lasby

September 4 - 8

**Mindfulness and
Intimacy for Women**

Nancy Mortifee

September 12 - 15

Osho Meditation

Satyama Lasby

September 15 - 23

Living on the Earth

JLRC Staff

September 18 - 22

Theatre 'Scripting' Camp

Edward MacLeod

September 24 - 29

Buddhist Retreat

Don McEachern

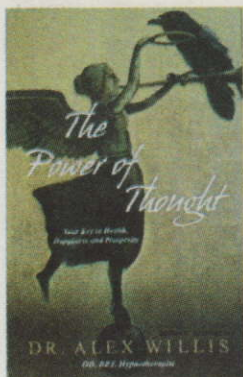
October 4 - 6

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Book Reviews

with Christina Drummond

The Power of Thought

Your Key to Health, Happiness
and Prosperity

Dr. Alex Willis, OD, BRT, Hypnotherapist
A2Z Books or ka.willis@shaw.ca

For the Love of Hamoudi

My journey of faith
into the Gaza Strip

Linda Todd Gharib
Foundation University Press



I have been looking forward to this book since reading Dr. Willis' previous offering, *Stressless Living*. The back cover promises to show us how to "...open the door to a longer, more rewarding and joyful life." The author can certainly attest to that, for at the age of ninety-five, he is the embodiment of a long and joyful life. Just to remind you, Dr. Willis was an optometrist who realized that hypnotherapy could greatly help his patients, and he also uses NLP (Neuro-Linguistic Programming) and EFT (Emotional Freedom Technique) as well as being gifted with psychic ability.

In a discussion group, I heard someone lament that the idea that thought can create reality was "...too abstract, too complicated. I can't get my head around it." For that person, and for you, this book is ideal. It certainly is neither abstract nor complicated, for our author has a way of giving you what you require so that you can get on with applying the information to your life, instead of being intimidated by a brick-like volume which you may well give up on. Seventy pages is not a lot of reading, and the benefits will be extraordinary.

There are chapters explaining the conscious and unconscious minds and how to use them. You will learn about releasing techniques: EFT (Emotional Freedom Technique), the Sedona Method and Kinesiology, as well as Beyond Relaxation Therapy. The chapter on Imagination and Visualization gives you some ideas on how to get rid of unwanted thoughts, phobias, and fears. In the chapter on Making Change, there is a set of questions to ask yourself to get you thinking about what you truly want, to help clarify and solidify those thoughts in order to achieve the desired outcome.

At the end of the book, our author has this to say: "How you perceive any situation will govern how it unfolds. If you want the future to be different, you need to perceive everything differently, now – right now."

If you've become disillusioned about romance, and need a spark to ignite hope within you that true and abiding devotion is possible, read this book. If you don't believe that love can endure through armed conflict, years of separation as well as religious and cultural differences, read this book. If you have a dream which appears unobtainable according to other people, your reasoning and your bank balance, and you cannot fathom the possibilities, then please read this book!

Linda Todd Gharib is an engaging and intelligent woman. When you meet her you notice her clear blue eyes and friendly smile; when you hear her (she is a professional speaker), you are struck by her passion, humanitarianism, and of course humility and integrity. She takes you on a journey to Gaza and back in an extraordinary story, the telling of which carries you along through elation, tears, separation, profound loss, and a devastating illness. Linda's words about the occupation, reprinted from an article which she wrote in 2002, will stay with me for a long time.

As with many a true story, some images maintain crystal clarity, and I can recall certain scenes from this book as though I had been there: Linda and Hamoudi's long wordless hug on meeting after eight years of communicating from afar; Hamoudi having to step over bodies in his work as a journalist telling the horror of the bombings; Linda teaching grade three children while F-16s buzzed overhead. Linda's faith carried her through; she says, "We don't need special skills to love and care for others. We just need an open and willing heart and enough compassion to withhold our judgement and let the love of God flow through us to others."

Inspiring and motivating have become rather over-used words, however, this is how people are being moved by this book. As Linda wrote in the copy which she gave to me, "Anything is Possible!"

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Reviews by Angele

Personocratias Booklet's

Ideas from Ghis and Mado

www.personocratia.com

Every so often I get one of these booklets in the mail. The contents come directly from Ghis' seminars and are collected and written by Mado in a concise and practical format that makes one think about reality and what she describes as the path between the animal world and the new idessic world. These collection of booklets are meant to assist in our evolution and are divided into ten different themes.

I got to know Ghis when she was a medical doctor and was taken to kangaroo court by her peers for not prescribing enough drugs. When it was complete she wrote, *The Medical Mafia* and was then taken to jail, where she wrote, *Escape in Prison*, where she talks about our lives and how we create our own prisons, called civilization, and now are trapped in them by our own permission.

Humans only differ from animals in their possession of free will. They can choose to say Yes or No to Fear, while animals do not have that choice. Mentally, humans have evolved tremendously. They have had great success in fields related to science and the arts. However, she says that humans merely attempt to extend their limits in all fields connected to death... but they remain within these limits and finally die, suffocated, like fish in their fishbowl. They are still missing the essential: the conscience of their true being, their immortal creative spirit.

This fishbowl of illusion is ruled by tricks, lies, falsehood, fraud, manipulation. The biggest liar, cheater, manipulator always wins. Big fish eat little fish. The strongest fish rule. War is the only game and the players must either attack or defend themselves. Everyone is scared to death and everyone finally dies. There is only one true winner, DEATH itself, which kills everyone. It is truly Hell-on-Earth.

She goes on to say, "As long as death exists, life will end in drama." Humanity has now reached the bottom of the fishbowl. Its Homo sapiens mind has been used for HAVING more, not BEING more. This has brought Hell-on-Earth as we know it today. Big fish have eaten the little fish... water is getting scarce... fish are suffocating. We have now reached the times of intolerable pressure, so let's rejoice!"

Hell-on-Earth is an evolutionary necessity. It forces the fish to abandon its survival tools, to shatter its fishbowl, to break the wall of illusion and finally live. The time has come to change directions. We must STOP, make a 180° turn, and finally jump right into a new consciousness.

This transformation of consciousness will not be the result of prayers or meditation. It will happen as a result of Idessic Conscious Action. Only sheep, poor creatures separated from their Creator, can think that a Saviour will deliver them from all suffering. It is I who creates Hell-on-Earth, in my own image. Thus, only I can create the opposite: Heaven-on-Earth.

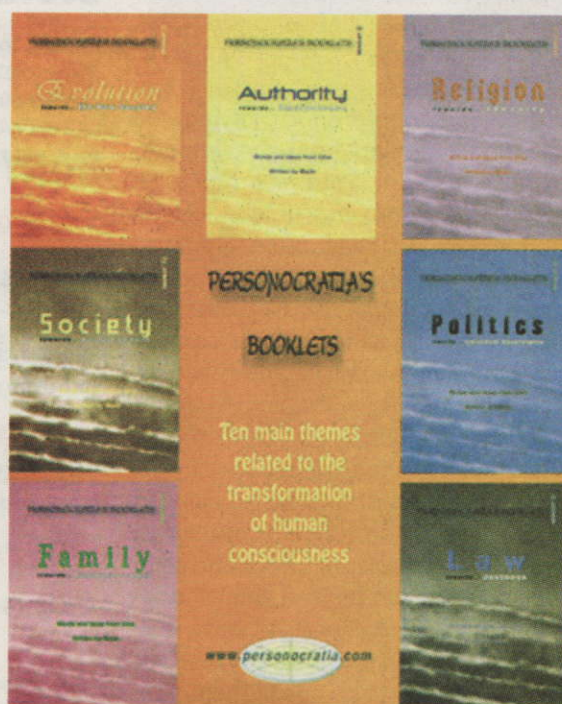
How can I achieve this? By BEHAVING, in my daily thoughts, words and actions, as the Unlimited Idessic Creatrix that I truly am. It is a pathless path that we invent day after day as we progress towards a totally new way of being in the world. With the help of these booklets Ghis and Mado hope you will find your own path. These booklets are well worth the time if you want facts about our systems of governance.



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I like sanskrit chanting as it nourishes my spirit and calms my mind from the busyness I create and reminds me of my spiritual path.

www.WhiteSwanRecords.com



Happy Mothers Day *from page 26*

guide the destiny of this soul. She looked up at me for a moment, and years later I finally realized that long ago she held me in the same way. Through pain and suffering, joy and sorrow, trials and errors, she grew into the Mom role. I would like to say that she was my role model, but in truth I cannot. Shakespeare said, "The world's a stage, and we all must play our part." For so many reasons, I often felt that I just didn't play my part as well as I could have.

Today I want to tell you that, although being Mom wasn't what I was best at, I'm grateful to your Grandmother. I have had lots of supportive, nurturing women who have journeyed with us to ensure that you know what being a Mom really means. Each contribution has assisted you in creating the solid foundation of the strong, yet gentle woman you have come to be.

In celebration of Mother's Day, I choose to relax the identification of that role and ask that we begin to meet one another, woman to woman and as equals. I want to meet the independent woman that you are, and to have you meet me in the same way. Mom is not who I am. I am Kathrine. If it's comfortable for you, I would like you to call me by my name. (Author's note: I felt like the wind was knocked out of me the first time she did. I said I couldn't believe how much power the word Mom has, and we laughed.)

In the past few years, we have supported one another in identifying and releasing ourselves from the enmeshment of inherent patterning and stepping forward into our unique expression of ourselves. I have often said, "Even if she wasn't my daughter, she is one of the most remarkable women I have ever met."

I would like us to continue to share our own unique interpretations and experiences of life, without judgement, criticism or expectations. As we find and share our common values, we can update our relationship so it is balanced, rather than the imbalance imposed by rigid, outdated roles of parent and child. We are now adults and adults don't need parents. I choose to have supportive adults to share my journey and I would like you to be one of them.

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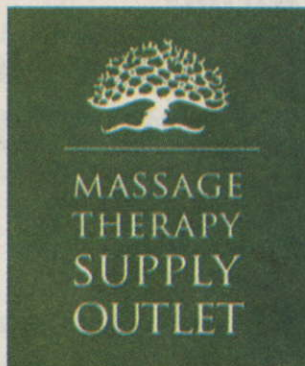
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