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for **EMPOWERMENT**

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**Winter  
Edition  
2013-14**

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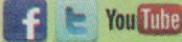
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# The Vibration of Forgiveness

by Dawn James

The great English poet Alexander Pope wrote that "to err is human; to forgive, divine." I contemplated this saying for almost two decades before I could finally bring myself to forgive someone for committing an act of violence against me. The act of forgiveness means many things to many people, and for me it meant releasing the burden of this negative experience and letting go of the negative emotions that I was holding onto.

We are bioelectric beings; that is, we have electric currents flowing through us, and the frequency of these currents can affect our well-being. Our emotions are energy in motion, and because negative emotions vibrate at a low frequency, emotions such as pain, fear and spite can restrict the flow of energy so that we become heavy, slow and often stuck. For example, when we hold onto anger, this emotion can get stuck in our joints, causing inflammation and pain, whereas deep emotional pain might affect the heart and respiratory system, and fear, worry and anxiety can become trapped along the spine and affect the central nervous system.

With forgiveness, we release negative emotions such as anger and fear, and our energy flow becomes unstuck and begins to vibrate at a higher frequency. When we don't forgive, we are the losers, because when we continue to hold onto our negative feelings, we eventually become emotionally and physically imbalanced. However, forgiveness truly gives us personal power. When we forgive someone, we take away that person's power over us. Past hurts can literally weigh us down, like a ball and chain around our entire being, making us feel stuck and unable to move forward in our life. Forgiveness does not necessarily mean reconciliation with the person who hurt us, or that we condone their actions; however, it is a process that can help us find inner peace.

When we forgive someone, we are not only releasing negative emotions, but we are also making room for the free flow of positive high vibrations, and the vibration of forgiveness can indeed lift us and benefit us in many ways. These are some of the things the vibration of forgiveness can do for us:

- Lighten our heart by removing the heavy weight of negative experiences
- Lighten our speech when we stop complaining or accusing others of being responsible for our experiences
- Lighten our emotions by releasing feelings of anger, frustration and pain and make room for peace, joy and love
- Free us so that we are no longer enslaved by the circumstances we once thought were controlled by someone else or by external forces
- Free us to live and to love
- Strengthen us by allowing us to recognize our ability to withstand any circumstance or experience and rise above it, learn from it and move forward with our life.

Dawn James is a sound healer, speaker and author of several books on vibrational frequency including the best seller *Raise Your Vibration, Transform Your Life and How to Raise the Vibration Around You*. She will be on tour in BC in October (Vancouver and Vernon). Visit [www.raiseyourvibration.ca](http://www.raiseyourvibration.ca)



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## Musing

with *Angele*, the publisher



The picture on the cover shows Richard, Eveleigh, and myself on the roof of our new dome. Eveleigh, a volunteer, is holding the heat gun that is used to seal the thermo-plastic roofing membrane. The last seam was sealed in place just as some heavy rain started, near the beginning of September. Measuring and cutting the 75 triangles was easy and reminded me of the days when I cut quilt patterns. When Don Lee suggested the idea four years ago, Richard jumped at the chance to learn more about building and has put his heart and soul into completing the dome. Next are the back porch, doors, windows, insulation and finishing off the dome inside. We hope to have it ready for next season as a second workshop space.

I am glad that the marathon roofing project is complete and I have time to get Issues to print. Still, whenever I get a few moments to contemplate what I am doing, I get a sense that my angels are steering me in a new direction, with less computer work and more gardening. Yeah! For my part, I prefer hands-on experiences to reading, though I can do both well.

Last fall, my angels told me to print just three times a year and when I mentioned it to a few people, they discouraged that from happening. The reasons they gave made good sense, so I gave in and said I would print four times a year. When it came time to actually go into print mode this July, I could feel my resistance, resistance I have felt many times over the last few years as I struggle with allowing the garden to absorb my time when I have computer work to do. When I awoke at 3 am, I could feel my mind reminding me of my dilemma. I asked my angels for a solution and heard, "Don't print." "Great idea," I thought to myself and went back to sleep.

In the morning, I sent emails to my advertisers letting them know about the change of plans and hoped that you, my readers, would understand. There is now lots of alternative information available as *The New Agora* and *Common Ground* are being distributed around the Okanagan Valley. *Common Ground's* byline asks you to *Get the Big Picture* and *Agora's* byline is *Elect to Govern Yourself*. Both are excellent publications that have interesting articles and ads. The Internet also has many sites and videos that make connecting with like-minded folks easy. Plus, there are many retreat-like places and festivals that encourage sharing of ideas, waking us up to the fact that "We are all One" and that what we do to the Earth, we do to ourselves.

I am glad to be learning more about farming and spending less time on the computer. In June, I took a two-week Permaculture Design Certificate Course with Sarah Orlowski from Grand Forks, and since it happened on our property, I now have more ideas about what can be done with the land. On August 25, three of our volunteers and myself learned about seed saving from Patrick of Stellar Farms, an organic seed company across the road from us.

I have been vermi-composting for three years and enjoy looking after worms, red-wrigglers to be precise. It does take a bit of time each day to dig in the table scraps and add wet, shredded newspaper as mulch. Once the worm bins are full, I dig about half of the worms and their castings into the garden. This October I will move the three large bins back into the basement, where they will live for the winter. Worms create the best soil for plants to thrive in. I made a video the last time I added more bedding in the bin and hope to get it posted on YouTube this winter.

In July, one of the bee hives swarmed while Richard was away, so I got out the book on bees and started reading. I soon realized how little I know and how

*continues on page 6*

# STEPS ALONG THE PATH



## Almost Dead...

Wednesday May 8th, 2013 around noon: I was clearing a path for a water line with my chain saw when I cut through a sixteen inch diameter fir log that was laying on the hillside. I did not realize that the log was loaded with pressure and when I cut through it the tree sprang free and knocked me over.

As I lay on the hillside I struggled to get air back into my lungs. For a moment I was struck with terror realizing that the pressure of the log rolling across my back had squeezed all of the air out of my lungs. I might have just exhaled my last breath! It took a couple of seconds to breathe again and when that happened I could feel severe pain in my chest from damaged ribs. I took a moment to assess the damage. When the tree rolled over me I was knocked down and folded in half, I felt my spine being compressed. I was afraid that my back was broken so I limited my movement so that my spinal cord would not be damaged. Slowly and cautiously I crawled over to the tree that had hit me, it was lying at an angle going uphill. I straddled the log to keep my spine straight and rested.

Danny, one of our Team members, was with me and he made me as comfortable as he could. Another guy named Ab went off for help. As I lay alone on the forest floor I could feel some damage to my abdomen and thought about how one of Angéle's brothers had died from undetected internal injuries. At that moment I thought that I might die out in the woods, so I cautiously reached into my pocket and took out a scrap of paper and a pencil. Beams of sunlight filtered through the trees as I dragged a backpack alongside the log to write on. I thought that I might never see Angéle again. I knew I had to say goodbye to her, so I wrote the following words and slipped the paper into my pocket in hopes that it would be found in case I died.

*Angéle,*

*Just in case the tree accident is fatal I want you to know it was an honour to spend this last portion of my life as your mate. You are a wonderful human being and are a great example to me. Hopefully, we will meet again in another time and place.*

*Love Ya, your guy*

Danny finally returned and kept me company during the long wait for help. The pain remained the same and the rest of my condition seemed stable. Finally a group of neighbours arrived and one of them had first aid training, so he did a medical assessment. It was evident I had spinal damage so they covered me with a blanket and went off to build a stretcher. Upon their return they transferred me face-down to the stretcher and duct-taped me on to it so I would not slip off. Four guys carried me out of the woods to our van and Angéle drove me to the emergency room at the Nelson Hospital where I was sedated and x-rayed.

When the x-ray results came back it was good news, my spinal chord was not damaged, I had a compressed disc and some severely bruised ribs. The doctor said that the body would have to heal itself. It would take three weeks of lying still and another five weeks of taking it easy. Fortunately I have a wonderful Chinese doctor who gave me acupuncture and herbs to speed my healing. The first two weeks were spent in bed and the next week I was moving slowly on crutches. Doing nothing is not something I do easily, but with the wonderful support of the people around me I did not 'overdo it'. I am pleased to say that four months later I have completely recovered and have been given more time to be with my beloved LifeMate Angéle. Life is precious and I feel blessed to get to experience more steps along my path.

**Namaste Richard**

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## Musings continued

much I prefer looking after my worms. When the second hive swarmed, Richard said it was all mine as he does not like it when I comment about his use of commercial bee-keeping chemicals to kill the mites. Now I get to see first-hand if the bees can survive and even thrive when chemicals are not used. Will let you know next summer how I did. Soon it will be time to see how much extra honey can be taken out of the hives. They are like the canary in the coal mine: too much pesticide spraying and they die. Once the crops can't be pollinated and food is no longer produced, prices will rise, so please get involved in protecting them.

Recently, we acquired ten laying hens, with baby chicks planned for the spring. Right now, the hens are enjoying the upper garden, and two of them have taken to sleeping in the bean trellis. Next spring, we plan to build a proper hen house in the lower garden where the fruit trees are. Since we are vegetarians, the chickens will live a long, happy life.

I just finished re-reading *The Secret Life of Plants*, printed in the 1970's, that proves from extensive research that plants are little miracles unto themselves. It was good to be reminded that plants are intelligent and it is I who needs to understand them so they may prosper, and so will I.

Overall people seem to be losing touch with what 'real' food is. Instead of spending time in their gardens, they watch TV or surf the net. If more people grew food instead of lawns, I believe we would have a healthier population. I wonder why gardening, canning and life-skills are not taught in public schools? Instead of teaching these skills to the next generation, we allow corporations and 'experts' to control our food production. If 'we' as a nation don't wake up and help others to do the same, there is little hope that we will survive in a healthy fashion.

If you would like to learn these basic skills, sign up for the *Living on the Earth* course, Center Life or become a volunteer at the Center. Richard and I both wear many hats and have lots of life experience and skills. It seems we are destined to share them with those who come for the summer, for a retreat or to be part of the community. This is our tenth years of being a couple, so once the garden is tucked in and the land freezes we will be taking a holiday.

The back page of this edition features the Johnson's Landing Retreat Center as we will not be printing a full brochure next season. Instead, we will focus on alternative ways of getting people to our website. By February, you will find the details online as I develop my social media skills. We will still feature many excellent meditation and personal development retreats as well as the annual Tai Chi Camp in August and Intuitive Painting with Ted.

On the other side of this issue, please enjoy the many pictures of what happened this summer at the Retreat Center. See you in February when the next Issues is published.

Until then, wishing you a delightful winter and a memorable solstice.



Angele



# Can you Release or Let Go?

by Kelly Oswald

*"Letting go does not mean separate and forgotten. You can never 'unknow' someone or 'unexperience' a situation. To release is to find peace with your past." ~ Living Peace*

I get into a lot of trouble over this concept because I don't believe we can really, truly, honestly, ever let go to the point of removing something or someone completely out of our lives forever. The same situation may never reoccur, or we may never see that person again, but we can't 'unknow' them or 'unexperience' a problem.

Certain words, smells, or places may cause an emotional trigger. Going to an event where your ex may be in attendance could cause 'that' feeling to return. Old history comes to the surface many times throughout our lives, and as time goes by it reduces intensity, but it doesn't really go away altogether. Even if you haven't seen an 'enemy' for 20 years, you can still recall that person quickly, but you will have forgotten many other things from 20 years ago.

We can't undo a crisis, relationship drama, career issue, or personal faux pas; therefore the seeds of that particular challenge exist within us always. This doesn't mean we are doomed to suffer forever, it means that although we have lived through a difficult experience we can grow from the pain, learn more about ourselves and become more empathetic to others. We can heal.

When we release something (a dog's leash, a fish, or a kite) it's like setting it free. It still exists, but we aren't holding on to it anymore, and, in some cases, it will come back. The idea is not to grip tightly to past pain and suffering.

How do you release the sharp pain of recent or chronic events?

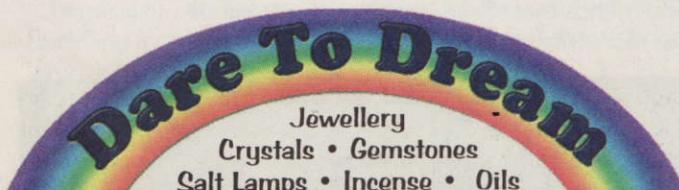
- Observe your feelings as if from an outside point of view. Let the feelings wash over you, express them and embrace them. If you allow them to flow as opposed to blocking them out, you will give them the space to move through you. Feelings are emotions, not facts.
- Replace your emotional thoughts with facts.

- Do something you can control and accomplish.
- Focus on the present moment.
  - Meditation, yoga, artistic endeavours, read a book.
- Take some responsibility.
  - Anger and blame are tools for gripping not releasing.
- Identify what you gained through the experience.
  - There is ALWAYS a lesson or avenue for personal growth.
- Don't drag your 'story' into the present moment.
- Don't dwell. Allow other more positive experiences to flow into your life.

What did you get out of it? What is the best thing that happened as a result of this upsetting situation? If you are willing to look deeply – you will find an answer. You wouldn't be the wonderful person you are today without all the experiences you have had in this lifetime. Good or bad.

*"Peace does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart." ~ Unknown*

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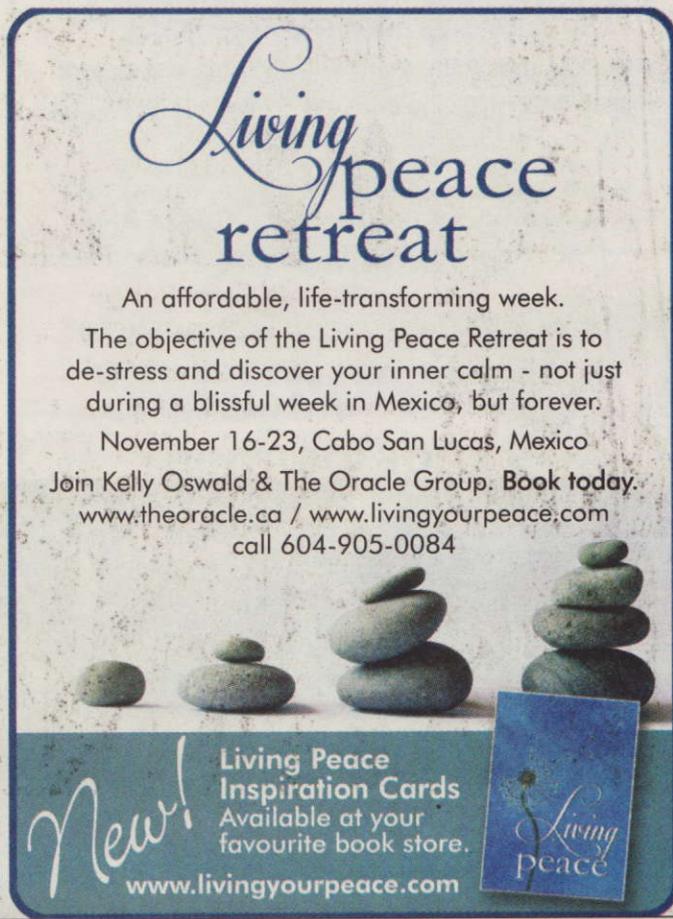
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## Letting go....the story of my life!

by Brock Tully

This might sound like a sad title, but for me, letting go of 'what' I've done and not 'why' I've done it, is important as I continue on my journey to being happy. I've organized many, many community events that bring awareness to the importance of creating a kinder world, free of bullying, violence, and abuse of nature and animals. I started in the Okanagan in the early 80's, then travelled throughout the west coast of the United States through the late 80's and early 90's, and then into the Vancouver area. I know the ripple effect of these events and how much they touch people. It is important that I'm clear here and that you know that it is the combined energy of everyone that has brought success. No, we did not get trophies or money, but connection of inspired hearts. When people come together for a common vision of a kinder world, magic just happens and it is beautiful to witness it.

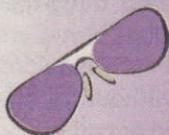
The key for me is not losing the why of what I do. My belief is that all human beings want a kinder world. When we lose touch with our heart we do the not so nice things. When we are hurting we don't realize that we push everything away that we so desperately need, love and connection with others. The more disconnected we become the more angry we become and end up seeing people needing to be right. Going to war is to try and find some support for the false fears in our head.

Letting go of the World Kindness Concerts was a tough one, as I saw it going global in a physical sense, but it needed the right people who had the skills and heart to take it there. I realize I don't have the skills and I could no longer do it without the funding needed so I am continuing to follow my heart and seek a way to reach more people's hearts so that I can stay inspired!

I also want to let you know that I'm VERY excited about my new book release and concert coming up on Monday Oct. 28th @ 7:29 pm at Unity Theatre on Oak St. in Vancouver. So many amazing performers will be there. It will cost \$25 which includes my \$20 new gift book. Love to see you and may all be touched and inspired to find the work you love, and the home and friends that are so important for our soul!

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# BREAST CANCER + TOXICITY

by Dr. Ursula

While the link between breast cancer and the psyche is so obvious in German New Medicine, recent research is now identifying strong links to toxic imprints as well. Clearly, breast cancer has multiple facets.

While breast cancer is the most frequently diagnosed cancer for women in the West, it has some of the highest rates in the world. Last year, a Canadian study showed a clear correlation between higher breast cancer rates in women working in agriculture, bars/gambling, automotive plastics manufacturing, food canning and metal working. That is because all the chemicals involved were endocrine disruptors (they negatively affected female hormones). Premenopausal cancers were the highest in the automotive plastics industry.

Another study showed that breast cancer risks were higher in postmenopausal women whose husbands had used various pesticides. As well, women who were exposed to DDT before the age of 14 had a higher risk of breast cancer by the age of 50. Although use of DDT on crops was banned in Canada in the 1970s, it can still be detected in Canadian farmlands. In fact, a study from 2003 shows that robins breeding in the Okanagan are still contaminated with DDT.

In the plastics industry, many of the compounds used release estrogenic chemicals. One study showed that men in the plastics and rubber industry had four times the breast cancer risk of the average male! The chemical BPA is not only found in plastics, but in canned goods, receipt paper and paper money. Parabens and BPA are chemicals found in breast tumours.

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# movement

by Wayne Still

The world is a wondrous place full of all manner of living beings, plants and animals. While plants and animals both take their nourishment from the earth, the thing that distinguishes one from the other is that plants stay in one place and take their nourishment from their immediate environment. Animals, on the other hand, are able to move about and find nourishment in many places. Animals, from the swift cheetah to the sloth, including reptiles and fish, all have a common factor in their ability to move. That common factor is the reciprocal movement of the muscles which largely make up their body mass and allow them to walk, run, swim or slither.

Generally speaking muscles work in pairs, flexors and extensors. Flexors move a body part closer to the body core while extensors move the body part away from the core. Perhaps the best known example of this is the pairing of biceps and triceps which flex and extend the forearm at the elbow joint. This is the reciprocal movement referred to in the last paragraph. Such pairings occur throughout the body from our eyelids to our toes. One set of muscles referred to as agonists pulls a body part in one direction while another set of muscles referred to as antagonists pulls it in the other direction. Dr. Ida P. Rolf observed that when we look at a body, what we are seeing is the relationship between flexors and extensors. This fundamental relationship is what gives us the ability to make the reciprocal movements needed to walk, make love or type words at a keyboard.

Muscles are composed of bundles of fibers, the bundling is done by wrappings of fascia, a long chain protein which is actually a liquid crystal. The iridescent white layer you see on a chicken thigh is fascia. When all is in order muscle groups work together seamlessly, sliding over each other as they go about their various tasks. There is an ease and fluidity of movement with no discomfort to the body.

Enter injury or habitual patterns of movement which are not in the straight lines the muscles are designed to move in. Injuries disrupt the normal functioning of a muscle and in order for the organism to continue moving other muscles have to compensate and take on an extra load. In addition, the healing process creates scar tissue which can permanently shorten the muscle in question. This leads to other complications since a shortened muscle cannot function as well as before. Nor can a shortened muscle fully relax, a muscle that cannot fully relax is always under stress and can be quite painful. Habitual patterns of movement which have muscles rubbing against each other rather than gliding over each other cause irritation. The body deals with this situation by gluing the muscles together with collagen to stop the irritation. This gluing is called an adhesion. Now we have the same situation as with scar tissue where muscles are not able to relax and are doing more work than nature intended. More pain.

It is this discomfort which has the body owner looking for relief. Modern medicine will usually prescribe a muscle relaxant or pain killer neither of which deal with the root of the problem which is the muscles inability to move freely. A practitioner of Structural Integration on the other hand is trained to find the adhesions and release them using directed pressure. Collagen reacts to the pressure by becoming liquid, this allows the muscle tissue to return to its accustomed place and function pain free. If you hurt when you move, come see us, we can help.



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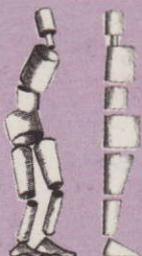
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Many Mexican families believed they could leave the mainland and find work in safer and prosperous Cabo San Lucas. Now they are stranded with little or no income, no social services, and in a desert where growing food is next to impossible.

The result is families and communities lacking in the basic necessities, homelessness, fear, lack of nutrition, hunger, abuse, educational, dental and medical needs.

The Oracle supports one of the poorest colonies, Leonardo Gastelum. We were instrumental in helping to build a community kitchen, providing toothbrushes, toothpaste, clothing, and last year gifted 3-5 year olds with teddy bears. This fall, The Oracle has teamed up with Sarahuaro, a registered foundation with transparent administration and a strong viable vision. If you would like to participate, or for more information, please visit [www.livingyourpeace.com](http://www.livingyourpeace.com) or call The Oracle at 604-905-0084.

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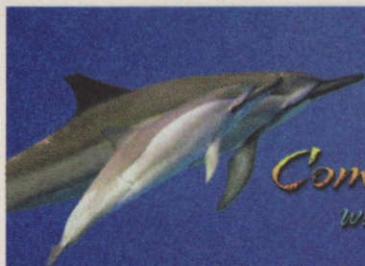
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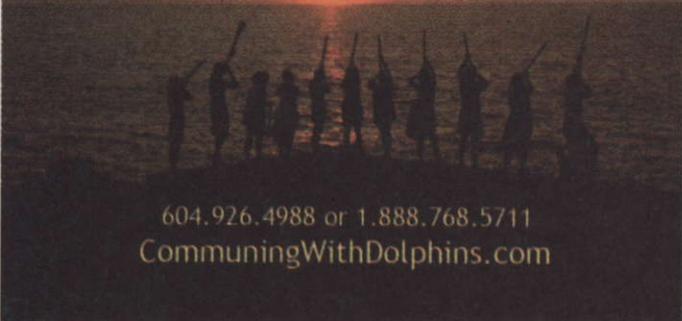
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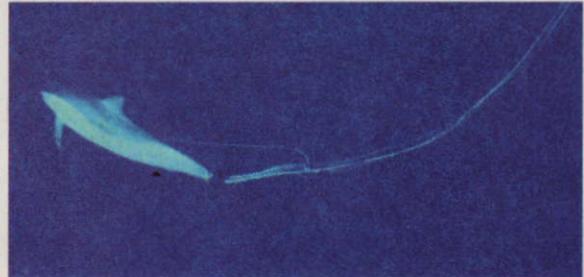



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# A Dolphin in Distress!

by Hannelore

I was excited to return to Hawaii and set up camp at my favourite beach. Soon friends greeted me and shared there was a distressed dolphin in the bay. She had a fishing line entangled around her mouth, plus it trailed 30 feet behind her. She was not allowing anyone close enough to help.



Throughout the week, while I was swimming with several other pods of dolphins, I often heard her cry. She would not swim with her pod and stayed at the outer edge. Concern was growing from the 'Dolphin Community' about her wellbeing.

The following week I was starting my 'Communing with Dolphins' retreat. We began each morning in prayer, and sent her telepathic messages and images of love and protection to let her know we were here to help. As the week progressed, her cries became more heart wrenching to hear.

After one of our swims, I lingered behind, taking my time when I heard her cries again. Looking around, I saw her 40 feet directly below me. She was swimming very slowly with the line, now full of debris, dragging behind. My heart reached out as I closed my eyes, and sent my thoughts and prayers. When I opened my eyes she was within arms reach, so incredibly close! I agonized that I did not have a knife to cut the line. Ever so slowly she swam away. Then I noticed my retreat assistants, Pauline, David and Dianna, were nearby so we formed a circle and sent healing energy and images showing human help. A short while later Pauline returned to our retreat house. Within a couple of minutes she swam back excitedly shouting "She is Free! She is Free! Willi freed her!"

I was ecstatic and swam back to shore! Willi, from the local 'Dolphin Community', was holding the cord in his hands. He was overwhelmed with joy and at the same time humble and blessed to be the one to have finally freed her. We hugged each other, tears of joy streaming down our faces.

The next day hundreds of dolphins swam into the bay. They were leaping, spinning, playing and interacting with us Human 'Beamings', as if to thank us for freeing our dolphin friend. According to local residents, it was the most amazing active and playful experience they had ever witnessed.

I found this experience to be very symbolic. We are often attached by emotional cords to situations in our life. We find it hard to let go, gathering more debris along the way. Isolating ourselves from others, we get stuck in our pain and don't allow outside help. Help comes in many forms and not necessarily from our own species. *see ad to left*

# Glastonbury

A Mystical Site on a Powerful Ley Line

by Agnes Toews-Andrews

Anticipating a grand adventure, I climbed into the bus. As we neared legendary Glastonbury I felt a fire racing through all the cells in my body. Another quickening was occurring as we crossed the powerful ley line that flows through here. As I stepped off the bus in an altered state I saw myself in a long brown robe with a rope belt the ends swinging at my side. I was a monk once again stepping onto the land of my ancestors. The questing torch I have held high for several decades ignited deeper memories and once again I was not disappointed visiting this site.

Glastonbury, a small town in Somerset in south western England, is a pre-Christian site, although the birthplace of Christianity in England. It was here that the family of Jesus and Mary Magdalene fled to when they were being pursued by those that would abolish the lineage of a fire priestess and a great avatar and master. Because of certain circumstance that were created many eons ago in our solar system, our planet has been allocated a saviour; a highly evolved inter-dimensional figure that helps to rescue the inhabitants. Having thoroughly researched Jesus when I was asked many moons ago to give a presentation on "What Jesus meant to me" at a military base closing ceremony in northern Canada where my husband was base commander; I have come to know that Sananda/ Jesus is the saviour for planet Earth.

There are three special places on this ancient ley line—line of great celestial and telluric energy. On day one I climbed Glastonbury Tor, up five hundred and fifty two steps, ascending to the top where I immediately felt Archangel Michael's presence. The numinesence of the area sparked clarity in me and I saw that a circular pathway once spiraled around this power point. It reminded me of another spiral mountain I climbed near Jerusalem when I lived there. Feeling divine I looked out toward

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the low lying land that was once a sea, enjoying numinous, mystical Avalon, excited to feel the upflow vortex energy here.

The next day I visited the Chalice Well Garden that sits just outside the Abbey Green, the oldest abbey in the British Isles. As soon as I stepped into the garden everything shimmered and I went into an altered state. The trees, plants, and air were filled with atoms of extra electricity. It reminded me that this precious life I am living is also a garden—a garden of awareness—and by deepening my subtle perceptions the flowers of self-awareness grow and flourish. As I approached the well itself, I saw a cup sitting beside it which I filled with water from the ancient spring. As I knelt down to take a sip, I felt a presence. I said to myself, "This is the Goddess, this is Her energy." I knelt for a time there inveigled in Her presence, enjoying the blend of innumerable levels of astral and mental planes present.

I then walked to the Abbey itself. It was mostly in ruins, but this has been a sacred Goddess site from before Neolithic times so I should be able to feel, hear and know, I think as I walk about feeling 'present'. As I stepped out of the Abbey arches toward the central green I saw a marker that stated, "King Arthur lies buried here." I immediately felt like kneeling down and as I did so I had a vision—I knew without a doubt that it was the King, Arthur. He had a broad face with a dark complexion. A mass of curly brown hair framed his face. The crown on his head held three red dragons. His cloak was a heavy linen-type weave. Then suddenly I began to sob; and soon realized that they were not my tears that I was releasing but were Guinevere's. She, at some point in time had left them here.

Suddenly I became connected to many fairies in the trees and around the trees and I heard that many priestesses of Avalon crossed over into the fairy realm during the dark Christian times after King Arthur's reign. That sight explained why so many fairies I've seen look human.

The next day I walked to Wearyall Hill, where the thorn tree Cartages Syracuse grows. It was brought here from Palestine. Again I see a vision, emblazoned by the light of my soul to my inner eye, of people coming onto shore from a boat, weary all from travelling a great distance. I know that it is Joseph, Jesus' brother, who brought Mary Magdalene and two children here. What I see next is that Morgana of England, who was connected to King Arthur's court and had a child by him, is a reincarnation of Mary Magdalene. And what feels significant is that the 'royal family' of ancient Palestine is now regaled into the new land called England

*continues on page 26*

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# Unplugged, Unedited and Uncensored

by Carole Friesen

Isn't it time to tap into the raging fire of passion that burns within you? I love delicious, open-hearted and raw emotion.

It's time for us women to unearth the numbness that holds us back from our true power. Don't you feel a longing to just jump up and start dancing or running through a field of wildflowers? Just letting it rip! We women naturally live in chaos, multi-tasking from diapers, dishes to diarrhea. Oh yes, and the boardroom! Somehow we make it all happen in all our beauty and grace. Forget perfection, let's just admit how great we are at getting everything done! We rise up to the plate even through heartache, divorce and depression. I mean really, there's no community, there's no home and there's certainly no Christmas without women. We are the architects of life and the goddesses of sensuality.

## AND WE QUESTION OUR POWER?

I've been there. I have lived in a world of perfection. I pretended it didn't matter that I was busting my back for others. Fourteen years of owning a bistro and blues bar, married and living in a black and white world, performing for everyone else. I was cut off from my internal world. Don't get me wrong, I loved it at a certain level. Doing it all was the expectation I had of myself. The way I was living created a deep void within my soul. Without stoking my internal fire, I burnt out. That started my journey of self discovery.

I came across a course called The Magic of BodyMind Communication.® It intrigued me. It was a journey inward: understanding compassion, beauty and intimacy. As I shared my newfound knowledge with a friend, I saw her pain, her beauty and her gifts of greatness. I knew I could not have witnessed her without seeing myself first. That was the first day of the rest of my life. I came home.

Now it is time for us women to become whole in all our messy juiciness: from hail-damaged thighs to breast feeding the world. Let's breathe into our womanhood, our sensuality and for God's sake let's just admit we do love sex. It's time to enjoy our bodies in all our perfections and imperfections. We hold the energy of our family, our relationships and our businesses. The power is within us, within our bodies. I'm not here to help women or to support women, I'm here to empower us all. After all... IT'S ALL ABOUT YOU!!!

*see ad to the left.*

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# Vedic Astrology - The Science of Light

by Carole Davis

*If you've ever felt the need for guidance in your life, try looking to the planets for answers.*

Vedic astrology originated in ancient India and is also referred to as the 'Science of Light.' It is an interpretation of the energy of the planets and the magnetic and electrical fields they emit, and how that energy influences our lives.

A person's astrological chart is a snapshot of the solar system and the heavens (stars) at the moment of birth. It is a unique and valuable map of who you are and what you will experience in your life. Vedic astrology helps you understand why things are happening in your life and gives you tools to improve the areas that are causing dissatisfaction.

'Vedic' comes from the word Veda in Sanskrit, which means knowledge. Vedic knowledge embodies every area of the human experience – spiritual, medical, political, technical, cultural and astrological. The Vedas are the oldest texts in the world, and historical writings of the Vedas show an intellectually and spiritually advanced culture going back more than 5,000 years.

Throughout the centuries, astrology has been studied by some of the greatest scientists in history including Ptolemy, Newton, Einstein and Freud. And, for just as long, many of the world's leaders and great thinkers have consulted astrologers for advice and answers.

The three main branches of the Vedas are Yoga, Ayurvedic Medicine and Ayurvedic Astrology. All are directed toward achieving emotional, spiritual and physical wellness. An astrological chart provides the directional guide to help one to achieve this balance in life.

Vedic Astrology works in harmony with Ayurvedic medicine to heal the body, mind and spirit. The third branch, Yoga, is a comprehensive set of spiritual practices designed to help us realize the greater universe of consciousness that is our true nature. Yoga itself means to unite, coordinate, harmonize, work, or transform. Simply put, Veda is spiritual wisdom and Yoga is its application. The various forms of Yoga in the Vedas include eating pure food, having pure thoughts and performing pure actions. A person's chart shows weakness and strength in the body and mind; with this knowledge preventative measures can be taken to perfect health and prevent diseases before they develop.

Because Vedic astrology is highly predictive, a consultation with a Vedic astrologer will give you direction and understanding with all aspects of your life. For example, what type of career are you best suited for and when are the opportunities for advancement? Or, it can help you determine your ideal partner, his or her personality traits and when you will marry. Vedic astrology can also shed light on your family, including the number of children you'll have and their personality traits. Also your health – which areas of your body are susceptible to disease and the timing of issues that could result without preventive action. Even finances, such as when or when not to invest in the stock market or real estate, and

what to do with your gains. These are just a few of the areas that can be focused on in a Vedic astrology consultation.

Paramahansa Yogananda's Guru/teacher was a Vedic astrologer named Swami Shi Yukteswar, and he said, "I use astrology to understand the laws of nature and the collective and individual trends of mankind. Astrology is a science and depends on the laws of nature to operate. This understanding gives the power to heal the issues plagued by mankind. Astrology gives the secrets of the universe and the understanding of what self-realization is: to know oneself is to understand everything in the Universe. It is all within us."

Vedic Astrology is an undeniably powerful tool that enables you to see your Karma and your life events and guide you along your path to awakening, and to your true state of being.

Mathematical calculations for Kate Middleton, the Duchess of Cambridge, indicates that she was destined to marry into royalty because her Sun is in the tenth house. The tenth house is the house of career, fame and success and relates to political success, popularity, boldness, confidence and ambition. Kate will wield great power and become famous as the years pass. Kate's Sun is conjunct Ketu which shows she will also have struggles because she married into the Royal family.

Kate's moon is in Gemini, which indicates she has a delicate nervous system. She is an intelligent, witty and a wonderful conversationalist. Kate will be prone to colds and pneumonia as the stars and planets show her physical weaknesses will be the intestinal tract, reproduction organs and the lungs.

According to her chart, her children will be wealthy and powerful, even more so than her. They will also be artistic and refined. This is just a snapshot of Kate's chart, much more information is available which would provide a greater look at her past, present and future. *see ad below*

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people, there is liberty."

~ Thomas Jefferson

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### FRIDAYS

#### CRYSTAL BOWLS SOUND MEDITATION

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### SUNDAY CELEBRATIONS

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10:30 at the South Main Drop-in Centre  
2965 South Main. [www.ccandms.ca](http://www.ccandms.ca)  
email [info@ccandms.ca](mailto:info@ccandms.ca)

Centre for Spiritual Living • Kelowna 10:30 am  
Community Theatre • [www.cslkelowna.org](http://www.cslkelowna.org)

# When Awareness is Not Enough

With thanks to Laara Bracken

Why is conscious awareness of our issues not always enough to stop us from repeating the same irrational reactions and self-sabotaging patterns? Reading books, attending workshops, repeating affirmations and visualizations, analysing our issues and experiencing various therapies teach us to recognize certain aspects of our upbringing as the cause of many of our present difficulties, or to pinpoint specific events as turning points in our lives. While these tools have indeed increased our understanding and empowered us to observe ourselves repeating the same undesirable choices, our newfound insights may not have produced the changes that we so desire. Conscious awareness alone does not always lead to resolution or healing. Core Belief Engineering (CBE) recognizes the importance of conscious awareness but looks to the subconscious as the key to permanently resolving the core issues holding our problems in place. Inability to effect significant, lasting change through awareness alone can be an indication of subconscious resistance. CBE views the subconscious mind as a compartmentalization of parts, each with its own talents, abilities, and fundamental core beliefs.

Different parts of our subconscious were formed during childhood to help and protect us, to the best of our limited ability and understanding at the time. The core beliefs formed during childhood are embedded in our subconscious and influence our present-day thoughts, feelings, and actions. They also filter our perception, affecting how we see ourselves, others, and life itself. As adults, we have grown consciously and chronologically, but our subconscious core belief systems, and oftentimes our emotional or intellectual development, have remained suspended in their child states. These outdated core beliefs are still stubbornly and faithfully replicating our childhood patterns and defense mechanisms, limiting our happiness and success as adults. Once subconscious resistance is resolved, however, changes can take place. Core Belief Engineering is an extremely effective results-based belief change technology that helps individuals identify and change limiting, outdated core belief systems hardwired in the subconscious at the root of depression, anxiety, fear, abuse, shame, helplessness, uncontrollable reactions, low self-worth, codependency, phobias, compulsions, self-destructive behaviours, etc. In day-long sessions (anywhere from 4 to 8 hours per session), individuals take the time needed to change subconscious belief systems they no longer agree with, so that their subconscious and conscious mind can work in harmony to create the life they choose today. Clients resolve contradictions within the subconscious, and experience feelings of inner strength and supportiveness. Most people report dramatic change and improved self-esteem within just a few sessions, while other more embedded conditions take longer. In addition to solving the problem, Core Belief Engineering sessions empower people to get to know their true self and become partners with their subconscious. Sessions result in expanded consciousness, more confidence, easier management of emotions, intellect and intuition, and more self-trust, respect and love.

While conscious awareness is not always enough to create the changes we seek, it is an essential first step that reflects our dedication and commitment to our own personal evolution. Core Belief Engineering draws on the brilliance and determination of the conscious mind's desire to change and uses it to resolve discrepancies within the subconscious mind. The harmonious alignment between the conscious and subconscious minds results in unimpeded forward movement, personal growth, freedom, and healing. Lasting change is possible.

Phone Sessions Available call Kelowna 250 763-6265  
or click on: [www.changecorebeliefs.com](http://www.changecorebeliefs.com)

# Remember the Bird!

by Hannelore

My sister and I were enjoying a long and relaxing visit with a dear friend; a friend who has the remarkable gift of receiving messages from departed loved ones. As a teacher of 'Intuition', I often work with, and offer guidance to, clients who have the gift of communicating with spirits that have crossed over. Try as I did, I was not able to communicate with my own departed father. So, when the opportunity presented itself, I mentioned that my mother was not coping well with Dad's passing. My parents spent over 60 years together, so losing him was extremely hard on her.

I asked my friend if she was open to receive a message from him. If so, could he let us know something we could share with Mom that would be proof for her that he was okay? At that moment she took a quick and deep breath and immediately shared, "He just came in and said, "Tell her to remember the bird!"

I looked at her questioningly and asked, "The bird?" She then replied, "He is really excited and keeps insisting and repeating, "Tell her to remember the bird!" She asked if that meant anything to us. "No!" we replied. We both couldn't think of anything. That was it, nothing else came through.

The next day, my sister and I arranged to have lunch with Mom. She was experiencing a particularly difficult day grieving Dad. We told her about our friend's gift and that we asked if we could receive a message from him. We then told her the message and she replied, "The bird?" I asked if that meant anything to her and she said, "No." Needless to say we were disappointed.

Mom left the room and a moment later we heard her shout, "I know what it is!" She came back and told us to join her in the kitchen. She then said, "As you know, your father and I never spoke of death. But a number of years ago we stood right here in the kitchen and discussed this very topic. Several of our friends, one after the other, had recently passed. We were questioning if there was really life after death. At that moment I said to your father, "Okay, if I go before you I will

move this bluebird magnet that is on the fridge." And your father then said, "And if I go before you I will move the magnet." Mom then went on to say, "Do you know how many times I have come into the kitchen and the bluebird magnet was on the other side of the freezer door? I assumed that when I was closing the door the magnet somehow shifted." I then opened and closed the freezer door several times and the bluebird magnet did not budge.

My dearly beloved Mother has since passed and I now have the bluebird magnet on my fridge door. A reminder that my parents are still watching out for me.... 'from the other side'!

*see ad to right*



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## A Personal Journey with an Awakened Teacher

by Carole Davis/McMechan

Gurpreet is an awakened teacher who is gently guiding people to the awakened state; the true self. Many people are experiencing Gurpreet's ability to purify and cleanse; she melts the blocks that stand in the way of knowing our true self/higher self. Just being in her presence will shift past events, emotions, pain and blocks. All who attend retreats can have a personal connection with Gurpreet and can ask her questions on any subject matter. When sitting in front of Gurpreet, looking into her beautiful penetrating eyes, one can feel her presence settle deep into your heart.

Gurpreet's journey to the awakened state began when her cousin and husband died. This created a thirst and a longing inside to understand that which was beyond her. Through that longing Gurpreet learned what it was that blocked her from her real self and why she was separate from it. She began to realize that the created self/ego, which were her many wants, needs, patterns and beliefs, stood in front of the Real Self. This inner journey took her to the awakened self-realized state and now she is teaching anyone who is willing to awaken.

When I first heard about Gurpreet I was very skeptical. I had spent thirty years exploring every avenue available to becoming self realized/awakened. As the years went by I increasingly began to see that I was no closer to an awakening than when I began. In 2001 I finally ended my search. I concluded that self realization and awakening was for the chosen few and I wasn't among them. I began to think that only great saints and holy men could attain that awakened state. I went on with my life without much thought of self realization until one day in 2011 an email arrived advertising that an awakened teacher was coming to my area. I hesitated, but then thought it might be interesting and so I decided to go to the five day retreat.... but....with a somewhat skeptical attitude.

As the days passed I grew increasingly aware of Gurpreet's presence, she had that "something" that a self-realized Master has. She explained that because she walked step by step to her awakening that she could now teach us how to awaken also. She said that being awake is how we are supposed to be, but that we have simply forgotten who we are. By following her walk we can be where she is. Anyone can awaken.

Spending time with Gurpreet has been the most extraordinary experience in my life. For the last two years I have been observing many people awaken with her guidance, wisdom and her presence which is so unique and so different. Gurpreet's message is refreshing and yet radical; no spirituality, no dogma and no belief systems. She guides us to see our beliefs, patterns and Ego and to embrace everything we see inside in a warm, kind and loving way.

Gurpreet is a rare teacher. She is Truth. Gurpreet is awakening us all to becoming one with our Real Self. For me it has been this astonishing journey with nothing to change and nothing to fix and nothing to do but be and see. To keep my arrow pointed at myself and embrace everything I see inside with love, tenderness and softness while basking in Gurpreet's purifying presence.

Gurpreet has recently published a book called *Wake Up!* It is a compilation of her teachings from the many retreats around the world. Many of us, who have received her wisdom, have felt a great need for her teachings to become a living book for all to benefit from, and so this book came to be. The wisdom and the truth that this book conveys comes directly from Gurpreet. The knowledge and insight expressed in her book is unique and different from anything that has ever been taught before. Her teachings are both simple and profound. *see ad to right*

# Awakening With Gurpreet

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of Waking Up  
is for Everyone."**



Gurpreet is an Awakened Teacher who gently guides us to the Truth within as we release the false ideas and beliefs of our ego. She is following where she is called, offering her direct, compassionate guidance to all that are Longing to Awaken.

Being in Gurpreet's Presence, simply listening, or asking questions, is an extraordinary opportunity to see yourself and others in the Light of Truth. During the Satsang attendees can ask questions in an open talk forum and may also choose to sit in connection with Gurpreet. Sitting in connection you will receive personalized guidance based on your own open willingness.

## All are Welcome to Attend

Retreats are held regularly at locations below • See website calendar

**VANCOUVER, B.C.** Holiday Inn, West Broadway  
Thursday November 7<sup>th</sup> to Monday November 11<sup>th</sup>  
Two sessions daily 1 - 4 pm & 6:30 - 9:30 pm  
Holiday Inn - 711 West Broadway, Vancouver, B.C.

**VERNON, B.C.** Pacific Inn & Suites  
Thursday, November 28<sup>th</sup> thru Monday, December 3<sup>rd</sup>  
Two sessions daily 12:30-3:30 & 6:30-9:30  
Pacific Inn & Suites, 4716 - 34th Street, Vernon, B.C.

**LEDUC, AB**, 4023 Aspen Way  
October 11<sup>th</sup> - 14<sup>th</sup> • November 1<sup>st</sup> - 4<sup>th</sup> • December 6<sup>th</sup> - 9<sup>th</sup>  
See website for time and location

**NEWCOMERS:** two FREE meetings  
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### REGISTRATION & INFORMATION

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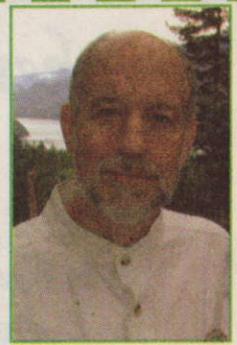
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# The Cook's Corner

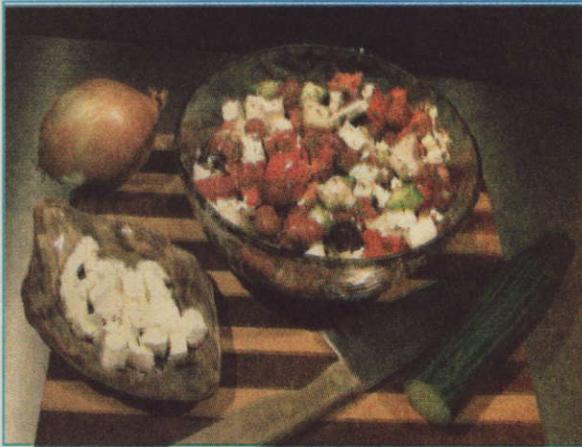
## Vegetarian Recipes from the Johnson's Landing Retreat Center

The Fall presents an abundance of ripe produce. We are harvesting potatoes, vine ripened tomatoes, cucumbers and onions. When I started this recipe column I promised 'easy to prepare' dishes and this month is no exception. If you are okay with Feta cheese and olives then a crunchy Greek Salad is a good choice. For a hot dish our ever popular Scalloped Potato dish is on the menu this month. Please feel free to e-mail me your comments and/or suggestions.

Bon Appetit, *Richard*



### Greek Salad serves 4



#### Ingredients:

- 1 large **Cucumber** (chop veggies the same size)
- 3 large **Tomatoes** (bit-sized chunks are best)
- 2 large **Peppers** (red or orange)
- 1/2 a **Sweet Onion** (smaller chopped)
- 1/2 cup **Whole Black or Green Greek Olives**
- 2 inch cube of **Feta Cheese** (cubed or crumbled)

- 1 tsp dried **Basil**
- 1/2 tsp dried **Oregano**
- 2 - 3 Tbs **Olive Oil** (preferably cold pressed)
- 3 Tbs **Wine or Balsamic Vinegar**
- Salt** and **Pepper** to taste

#### Directions:

- Mix the Cucumber, Tomatos, Peppers, Sweet Onion and Olives in a bowl.
- Sprinkle on the Oregano and Basil.
- Pour on the Olive Oil and the Wine Vinegar and mix gently with two forks or spoons.
- Add salt and pepper to taste.
- Put the cubed Feta Cheese on last so it has a finished look, or use crumbled Feta and mix it in.

It can be served in a shallow bowl on a bed of fresh crisp lettuce.

**Utensils:** One medium sized glass or wooden bowl • cutting board • a large sharp knife • wooden mixing spoons • One large (app. 6 liter) pot with a lid • Measuring spoons and cups • can opener • Rubber spatula

### Scalloped Potatoes



#### Ingredients:

- 4-5 large **Potatoes**
- 1-2 large **Onions** and the green onion tops
- 2-4 **Tomatoes**
- Olive Oil** to grease the baking pan
- 1 cup of **Milk** or **Coconut Milk**
- Salt** and **Pepper** to taste

#### OPTIONAL:

- Grated or Parmesan **Cheese**

#### Directions:

- Preheat the oven to 350 degrees.
- NOTE: There are a variety of simple slicing devices**
- Grease the baking pan with oil.
- Peel the Potatoes (unless they are new potatoes with thin skins).
- Slice the Potatoes, Onions and Tomatoes thinly.
- Layer them in your pan and sprinkle with Salt and Pepper.
- Pour the Milk or Cream or Coconut Milk over the potato mix.
- Cover with a lid or foil and bake for one hour.
- Then un-cover the pan to crisp up the potato mix and continue cooking for another 15 minutes.
- If you wish sprinkle on grated cheese, apply it for last 15 minutes of baking time.

**Serves 6**

# Ceramics

## for Sustainable Technology

by  
Antony  
Chauvet



Most people are familiar with the use of wood, plastic, metals, concrete and natural fibres that we use everyday. In this article I will introduce you to the evolving technology of ceramics.

A ceramic is an inorganic, nonmetallic solid prepared by the action of heat and subsequent cooling. Ceramic materials may have a crystalline or partly crystalline structure, or may be amorphous (e.g., a glass). The earliest ceramics made by humans were pottery objects, including 27,000-year-old figurines, made from clay, either by itself or mixed with other materials, hardened in fire. Later ceramics were glazed and fired to create a colored, smooth surface. Ceramics now include domestic, industrial and building products and a wide range of ceramic art. In the 20th century, new ceramic materials were developed for use in advanced ceramic engineering; for example, in semiconductors.

Common ceramics are made from minerals such as feldspar, talc, clay and silica. These minerals known as silicates form the majority of the earth's crust. Some elements, such as carbon or silicon, may be considered ceramics. Ceramic materials are brittle, hard, strong in compression, weak in shearing and tension. They withstand chemical erosion that occurs in other materials subjected to acidic or caustic environments. Ceramics generally can withstand very high temperatures, that can range from 1,000 °C to 1,600 °C (1,800 °F to 3,000 °F). A glass is often not understood as a ceramic because of its amorphous (noncrystalline) character. However, glassmaking involves several steps of the ceramic process and its mechanical properties are similar to ceramic materials.

Traditional ceramic raw materials include clay minerals such as kaolinite, whereas more recent materials include aluminium oxide, more commonly known as alumina. For convenience, ceramic products are usually divided into four sectors; these are shown below with some examples:

- Structural, including bricks, pipes, floor and roof tiles

- Refractories, such as kiln linings, gas fire radiants, steel and glass making crucibles

- Whitewares, including tableware, cookware, wall tiles, pottery products and sanitary ware

- Technical, is also known as engineering, advanced, special, and in Japan, fine ceramics. Such items include tiles used in the Space Shuttle program, gas burner nozzles, ballistic protection, biomedical implants, coatings of jet engine turbine blades, ceramic disk brake, missile nose cones, bearing (mechanical). In this category the raw materials do not include clays.

Ceramics can be used in place of steel for ball bearings. Their higher hardness means they are much less susceptible to wear and typically last for triple the lifetime of a steel part. They also deform less under load, meaning they have less contact with the bearing retainer walls and can roll faster. In very high speed applications, heat from friction during rolling can cause problems for metal bearings, which are reduced by the use of ceramics. Ceramics are also more chemically resistant and can be used in wet environments where steel bearings would rust. In some cases, their electricity-insulating properties may also be valuable in bearings.

Recent advances have been made in ceramics which include bioceramics, such as dental implants and synthetic bones. Hydroxyapatite, the natural mineral component of bone, has been made synthetically from a number of biological and chemical sources and can be formed into ceramic materials. Orthopedic implants coated with these materials bond readily to bone and other tissues in the body without rejection or inflammatory reactions so are of great interest for gene delivery and tissue engineering scaffolds. The abundance of ceramic materials on earth make it a better choice for the long-term sustainability of technology, compared to plastics or metals.

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# TED talks

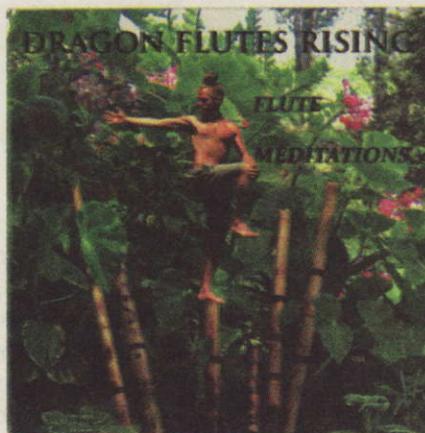
now censoring scientists  
who share ideas on  
consciousness

Graham Hancock, author of the now-censored TED Talk called, *The War on Consciousness* was de-listed by TED, but the video was archived on YouTube, so you can still watch it [www.youtube.com/watch?v=SHbkEs\\_hSec](http://www.youtube.com/watch?v=SHbkEs_hSec)

They also censored Rupert Sheldrake author of *Science Set Free* and his talk on *The Science Delusion*. Here is the link to Rupert Sheldrake's upsetting video so you can decide for yourself. [www.youtube.com/watch?v=JKHUaNAxTg](http://www.youtube.com/watch?v=JKHUaNAxTg)

Both Hancock and Sheldrake are world-class presenters and both have put a tremendous amount of research and thought into their presentations.

Any time something is banned by the authorities it makes one wonder why? I enjoyed listening to both presenters and educated myself on some ideas that makes sense to me.



## Dragon Flutes Rising

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

Soothing and innovative, his music encourages the listener to go deeper inside. I can hear why he is invited to play at yoga studios. What a treat to have live music or you can buy his CD and plug in.

He also has made over 500 flutes known as Xiaos. On his website he says "My intention for playing the flute is to evoke sensation, feeling..to move and be moved." He travels the world playing for major festivals, yoga studios and offering Shiatsu sessions.

## Glastonbury *continued*

and that the future generations of kings and queens of England, will be part of this sacred lineage ending with Queen Elizabeth I. I also see that the heirs of this lineage will incarnate in Canada later and many will become spiritual teachers, tarot readers and herbalists. As I step outside the Abbey Green and watch the winter sun setting over Glastonbury time flashes through me and I shiver as the cool February evening manifests.

I take a cab back to the bed and breakfast I am staying at. I eat my piece of scrumptious apple pie from the pastry shoppe in town and snuggle down under the white down comforter and dream this night of blue lights emanating from the Tor that is only a stone's throw away from my stunning bay bedroom window. Ahhh, Avalon. What a sight!

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

## The Language of Silence: From Darkness to Light

by Swami Dhyana Giten

(available as free Ebook at  
[book site Obooko.com](http://booksite.Obooko.com))

Meditation is the way to be with ourselves and to learn to accept our own aloneness. In aloneness, I experiment with being consciously alone as a door to be egoless. In conscious aloneness, the ego cannot function. In aloneness, you are not.

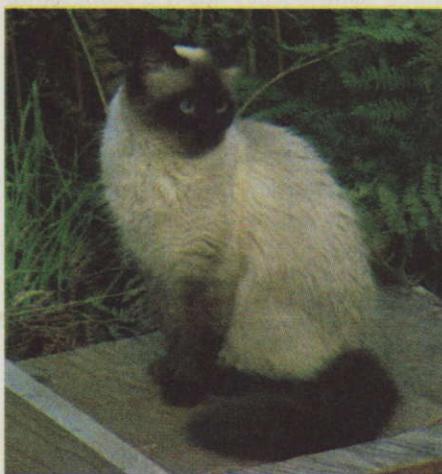
I have always been comfortable with my own aloneness as an inner source of love, joy, truth, silence and wholeness.

When we depend on other people, it becomes bondage - instead of a freedom. I took this Sunday as a meditation to be consciously alone, and to accept all feelings of pain, of not being loved and the fear of being nobody that would come up during the meditation. This meditation goes up and down during the day: at certain moments, I can totally accept my aloneness. It feels fine to accept that I am alone and that I am nobody. At other moments, I feel the pain of not being loved, when the meditation brings up how dependence on other people is a barrier to totally accept my aloneness.

I take a coffee at a restaurant. I am the only person that sits alone in the restaurant, while the other guests are couples and families eating Sunday dinner. It brings up painful feelings of not being loved and wanting to be needed by other people, when I see how much people cling to each other in the couples and the families.

Escaping your aloneness through relationships and needing other people's attention through being a teacher, a politician or by being rich or famous, are ways of escaping the pain of aloneness. But then the relationships are not really love. Only when you are capable of being alone, you can really love.

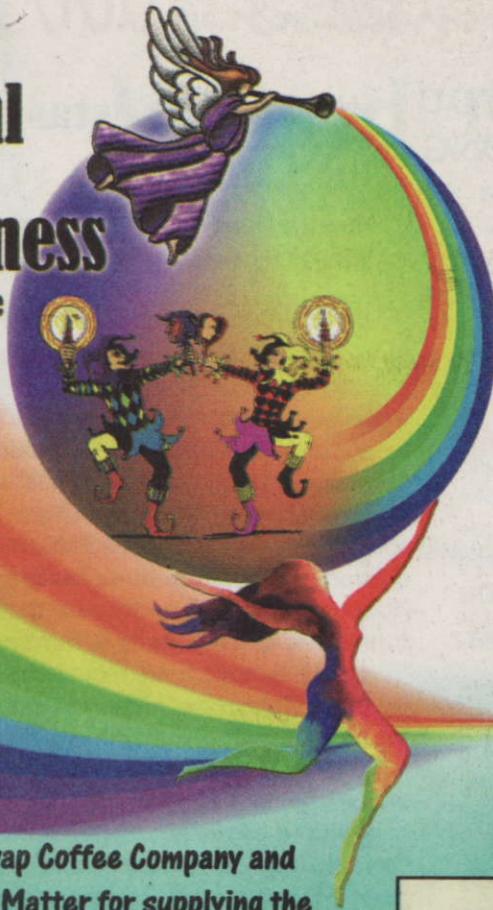
When we can be alone, we discover the inner source of love, which is our true nature. When we can be alone, it opens the door to be one with the Whole.



**PRINCESS** is now three years old and is looking forward to a conjugal visit from a small-sized male Himalayan cat.

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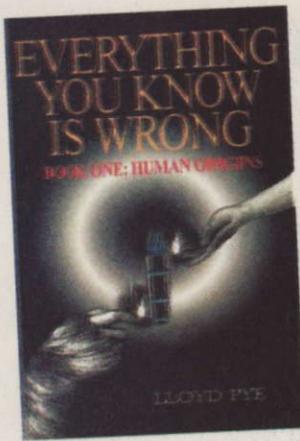
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## Books printed in 2000

### EVERYTHING YOU KNOW IS WRONG

Book 1: Human Origins

Lloyd Pye

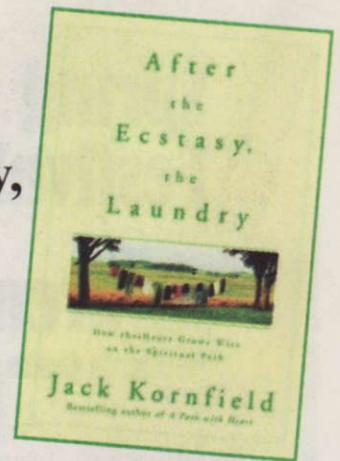
also on YouTube as a presentation

### After the Ecstasy, the Laundry

How the Heart Grows  
Wise on the Spiritual Path

Jack Kornfield

also as an Audiobook CD



### Have You Ever Wondered...?

- Why humans use only ten percent of their brains?
- Why Earth is the only planet with moveable tectonic plates?
- Why Earth's moon is outsized relative to other moons?
- Why structures like the pyramids cannot be duplicated?
- Why the ancient Sumerians knew of Uranus, Neptune, and Pluto when we discovered Uranus in 1781, Neptune in 1846, and Pluto in 1930?
- Why the Sumerians kept cosmic time in units of almost 26,000 years?
- Why humans have a gene pool with over 4000 genetic defects, while our 'so-called' closest genetic relatives, chimps and gorillas, have very few?
- Why anthropologists insist we descended from creatures six million years old.
- Why humans in no way resemble pre-humans?
- Why humans have 46 chromosomes while our closest genetic relatives (that share over 95% of our DNA) total 48?

This book is the product of a life time of research into human origins, spanning everything from the oldest known recorded histories of the world to modern genetic discoveries. In it, Lloyd Pye postulates his alternative view of human evolution, and continues it in his newer book titled *Intervention Theory*.

His theory stands separate from Creationism, Evolution, and Intelligent Design, and explains many of the conundrums left unanswered by those theories. This book provides the reader with an altered world view that I feel has validity.

We are at a similar stage in our evolution, when the majority of people believed the world was flat and you would fall off if you wandered into the wilds. A few daring researchers have gone against the scientific theory and paid the price for not toeing the line by those in control and who want us to believe that what they teach is the truth. I feel inside my bones the truth and I like what this man has to say. Exploring different view points is vital to our future.

I read his book when it was first released, and listened to his audio tapes while I did distribution. That vehicle then got replaced and my newer van had a CD player so I changed to other speakers like Carolyn Myss. Then last fall I hit a bear and my latest van, which is a 2003, now has a cassette player, so I started to listen to those tapes again, and again. They are so simple and profoundly wise that I encourage all who travel with me to listen. As far as I am concerned this book is a classic and listening to them repeatedly imprints deeper his wisdom, so that I can travel my way to enlightenment with more ease.

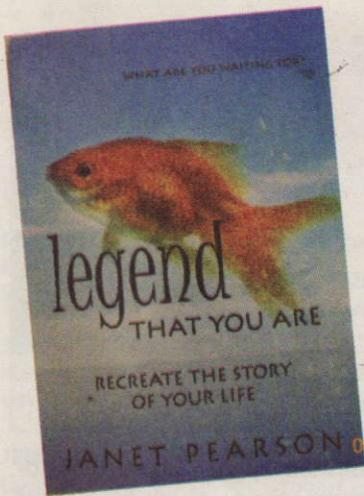
Jack says enlightenment is not an end goal; it is just another moment in time. For everyone who practices, cycles of awakening and openness, they learn that the good times are followed by the not-so-good times. The only surprising thing is how unexpected this truth can be when it bubbles up.

The audio tapes are read by Jack himself, and I like the sound of his voice as he tells first-hand accounts of Catholic Nuns, Buddhist Monks, Jewish Rabbis, and Hindu Mystics, describing their ecstatic religious experiences and their all-too-human struggle. He insists that the Buddhist path has the same struggles that are common in all awakened paths.

In reality, enlightenment is only a shift in how we approach ourselves and our world, and then a chance to apply that knowledge to our everyday struggles. To know something and to act upon it are two different things. Life will usually throw us a challenge to test our spiritual development if we need clarity to understand the principle that we are in the process of learning.

Life is beautiful and precious, but it is also harsh and painful and this pain is unavoidable. To accept this painful truth is the path to transforming one's life. Life is not conquered by conquering, it is conquered by defeat. In that defeat we grow in grace and lasting happiness.

One lama remembers, "When I came back it was as if my 12 years in India and Tibet were a dream. The memory and value of those transcendental experiences was in some way a dream challenged by the culture shock of returning to my family and to work in the West. Old patterns came back quickly. I got irritable, confused. I wasn't taking care of my body, I worried about money, about relationship. At the worst point I feared that I was losing what I had learned. Then I realized I couldn't live in some enlightened memory. What became clear is that spiritual practice is only what you're doing now."



## New Book Releases

### Legend THAT YOU ARE

Recreate the story of your life  
Janet Pearson  
[www.JanetPearson.ca](http://www.JanetPearson.ca)  
reviewed by  
Christina Drummond

Having attended two of Janet Pearson's workshops, I was so pleased to have the opportunity to read and review her book. As someone who designs and presents workshops, I am aware of the work that goes into the preparation and presentation – Janet is a natural presenter, providing you with essential information, intelligent explanation, plenty to think about afterwards, humour, and in one instance, chocolate cake!

Her book reflects her dedication to helping others – like her workshops, it flows along and at the end you are reluctant to leave, wanting more, and it's not just about the cake. When helping someone, it's useful to ask questions, to get them thinking, to allow the query to settle into the conscious and sub-conscious. Janet asks three questions on the cover alone which will draw you into the mind-set ideal for working with what is inside the book: If I told you right now that there is absolutely nothing that can't happen in your life, would you believe me? Why live a life that is ordinary? What are you waiting for?

Janet's writing style flows, and she takes you along in a gentle thoughtful way; you are encouraged to let go of whatever is keeping you static, and acknowledge that within you is a power greater than you could have imagined. Every time I encountered a question in the book, I took time to wait for my heart to answer before reading on. I found encouragement, truth and validation along the way.

Explore, dream, create; look at yourself and the world in different ways; open your heart and let Janet guide you as you transform your life from the ordinary to the epic. Whether or not you have lost your way, if you haven't even begun your journey, or your path is almost at an end – I unconditionally recommend this book.

### Wake Up! Teachings of Gurpreet

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

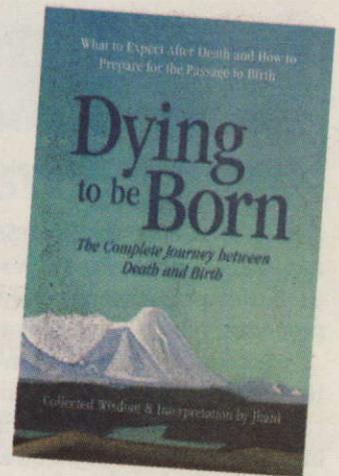
*"In reading, Wake Up! the reader will come to realize that by being in Gurpreet's presence with her simple and direct teachings, first with her words and perhaps later in person, awakening to one's real self and reality is not only possible but inevitable."*

~ Mark Farmer, PhD, Assistant Professor of Classical Studies, Valparaiso University.



### Dying to be Born

The Complete Journey  
between Death and Birth  
[www.Jhani.ca](http://www.Jhani.ca)  
reviewed by Angele



This book arrived at the time of my mom's passing, so I was eager to open the pages and was not disappointed. It traces in step-by-step details the stages between death and being born. It answers the questions of why and how we reincarnate and can help dispel the fear of the unknown that death presents.

How does one gain inner wisdom? What is the recapitulation review of one's life following death like? Jhani describes how, with the release of the astral body and the liberation of karmic attachments, the doors open to unbridled possibilities that become preparation for the next life.

He explains how one's many past-lives affect the incarnating soul as it prepares for birth and new life experiences, including spirit-agreements made with other souls before the final covenant to incarnate in the first trimester of pregnancy.

Jhani became intrigued about past lives after traveling to India and working at a private school for young children. He was struck by the perception that two kids raised by the same parents with similar upbringing had such dramatically different attributes. I liked the fact that his studying was done in Canada with his Guru, Ralph Houston and is called Agni Yoga. He says "That after 40 years of personal work I am convinced that our current situations are a direct outcome of our previous lives."

I agree, since I too have feelings about certain situations, like why I was a quilter at age 20. My Mom hated sewing so she bought me a sewing machine when I was ten, "because someone had to do the mending." I took it from there with my 'natural' talent.

He also discusses from a universal perspective, matters of abortion, miscarriage, soul mates, the birthing process and post-partum depression. Religious and non-religious beliefs are also discussed. Finally, the book raises the centuries old questions of 'Who is God?', 'Where is God?' and 'Why are we here?'

Discussion of these questions are clarified by looking at the universal laws of nature which guide our path forward.

# Speaking Out to Save Lives

*Sobering, informative, but above all, full of hope for the future.*

Margaret Murphy, external lead, World Health Organization Patients for Patient Safety Programme.

A new book, *After the Error: Speaking Out About Patient Safety to Save Lives*, tells the stories of heroic Canadians who have used their personal tragedies resulting from medical errors to prevent similar suffering in others.

Susan McIver and Robin Wyndham wrote *After the Error* to recognize the achievements of patients affected by medical errors, their families and immediate health care providers in reducing the toll of medical errors.

A 2012 study estimated that 40,000 Canadian patients die every year as a result of medical error. That is the equivalent of 80 jumbo jets crashing every year—one every five days or so. A report published in 2009 revealed that approximately 4.2 million adult Canadians experienced at least one error in the previous two years. Not all of these reported errors caused even minor harm, but their numbers clearly illustrate the magnitude of the problem.

An increasing awareness of, and concern about, medical errors in Canada and globally is driving extensive efforts to understand why and how errors occur and how to prevent them. In this country, these endeavours include establishment of the Canadian Patient Safety Institute and widespread patient safety programs in hospital health regions and professional associations.

Until *After the Error* was published, little, if any, attention had been focused on the work of individual patients and their families whose lives have been forever changed. The contributors of the stories in this book come from across Canada.

One particularly wrenching story tells of Heidi Klompas, 17, who died from complications arising from the treatment she received in two British Columbia hospitals, not from injuries she sustained when struck by a car. Subsequently, her mother, Catherine Adamson, wrote a book, *Heidi Dawn*

*Klompas: Missed Opportunities*, which has been widely read by surgeons and has led to improved treatment of patients with severe fractures. "I am so pleased that my book is helping to save lives," Catherine said.

Rick and Rose Lundy established **Open Arms Patient Advocacy Society** after Rose almost bled to death from what was presumed to be an uncomplicated miscarriage in the crowded emergency room of a Calgary hospital. Open Arms assists people who have experienced medical errors to navigate the complex health care system in order to find answers and resolution. "At first I felt like I wanted to replace the lost baby. Then I understood the purpose of the miscarriage was for me to help other people," Rose said.

Following the death of her mother in hospital from an astonishing series of errors, Catherine Winckler of Vancouver established a website ([esthersvoice.com](http://esthersvoice.com)), insisted on a coroner's investigation and used the media to tell her mother's story. Subsequently, a group of dedicated nurses launched programs to improve the care of acutely ill older adults in their homes, care facilities and emergency rooms.

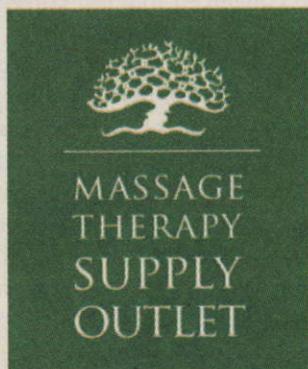
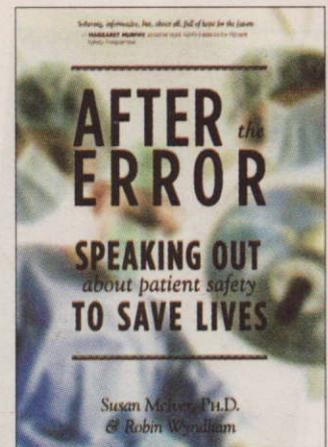
Catherine has advice for families dealing with medical errors: separate your grief from pursuing justice, learn about the systems involved so you can navigate them, do not rely on others and take the lead. Catherine, as all the contributors, took the lead and with results beyond anything they ever imagined.

The contributors undertook their work with the goal of alleviating suffering, and all have succeeded in various ways. They have also succeeded in reducing the cost of health care.

Preventable medical errors may cost the United States at least \$1 trillion dollars annually in direct medical costs and indirect costs such as lost human potential, according to a 2012 report. The total financial impact of medical errors to Canadian society must be in the billions of dollars each year, perhaps as much as \$10 billion.

*After the Error* also has sections on how to use the media and organize medical records for investigation and insights into medical malpractice and making end-of-life decisions.

McIver is a former British Columbia coroner and author of *Medical Nightmares: The Human Face of Errors* and Wyndham a retired registered nurse.



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