

FREE
take two
and share

ISSUES

for EMPOWERMENT

MAGAZINE • ESTABLISHED 1990
Resources for Connecting, Healing and Awakening

BC Fluoride Free

Nature Angels

**Why Do We Fight
With Our Life Partners?**

Dr. Kegel

Bereaved Grandparents

**On Transformation,
Horses, and Meditation**

GMO's

Quan Yin carved in Marble

Summer Edition ~ 2014

Priceless • 100%
Canadian
made

UNIVERSAL PSYCHIC visiting a town near you

REDISCOVER YOUR INNER POWER!
CLAIRVOYANT : ASTROLOGY : TAROT
MEDIUM : CRYSTAL BALL : MORE!



R. Keith Andrews

The Future is OUR Business



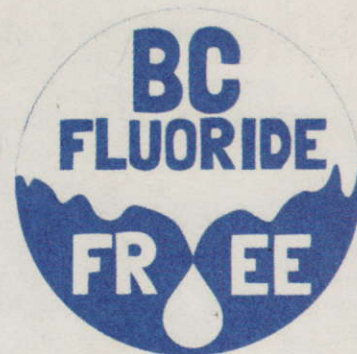
The Present is YOUR Life

Are you or a loved one suffering with a challenging health issue like Aids, Breathing, Cancer, Heart Attack, Lupus, Stroke, etc.

Energy Rebalancing works in conjunction with any treatment you are using. It reminds your body how to heal itself. We will consider alternative methods of payment.

CONTACT US FOR WORKSHOPS, EVENTS OR MOTIVATIONAL SPEAKING.

For Info/Opportunity 250-448-6709 or email: innervoiceenterprises@yahoo.ca



The very last time a new community put fluoride into its water in the province of British Columbia was in 1975. In total 21 communities installed fluoride in their water from 1955 to 1975. Since no new communities in BC has put fluoride in their water since then it begs the question that proclaim fluoride's benefits without any references to its hazards: "Why have no new communities installed it in almost 40 years and why a concerted effort on the part of health authorities, dentists and the fluoride industry to keep communities that currently fluoridate their water to keep administering it.

From a report created by the Province of BC, the reality is that British Columbia has 97% of its population NOT being fluoridated. The remaining 3% are from 5 communities that still administer this controversial chemical to their residents: Cranbrook, Fort St John, Prince George, Sparwood and Terrace. At least 3 of these 5 communities are going to referendum on Nov 15, 2014, and there is still time for all 5 to give their residents a chance to end this practice. There is no fluoride administered in Vancouver, Vancouver Island or the Okanagan. The trend is in favour of finally breaking the fluoride cycle for the province and it is a matter of time and awareness.

One wonders 'why is there pressure to continue this practice'? Why do authorities and big business continue to support this procedure with glowing reports of wonderful benefits? Liability might be one of the issues. Over the years, many authorities promoted fluoride in spite of peer-reviewed research of its risks. Recently, the town of Williams Lake hired a media firm to inform their community of the pros and cons of fluoride for an upcoming referendum. Hiring this firm cost their town \$25,000, however, that is much less than the cost of litigation in the future. Williams Lake council members wisely chose to not advise their citizens either way, making sure that they provided opportunities for informed consent for their citizens. Through this process, their referendum results showed a vote to discontinue fluoridating by a huge margin. Other municipalities can learn from this example.

Class action litigation for dental fluorosis recently began in the last few months in Prince George. (For info on dental fluorosis, go to: <http://fluoridealert.org/issues/fluorosis/>). Kevin Millership is suing the City of Prince George and has experience in this area. He began his quest to end fluoride in Kamloops, which eventually voted out fluoride in a referendum. He also sued Cranbrook, later accepting a settlement that will go towards informing voters of

Incomparable Flavour

Powerful Nutrition

Unrivalled Quality

Online Ordering Recipes Food Blog

PRE-ORDER
at **WHOLESALE** prices
September 9 - 29
• We ship across Canada! •

Best of the New Crop

Find us online!

www.ranchovignola.com

Alchemical Healing

by Debbie Clarkin

I was introduced to Alchemical Healing in 2003 and it changed my life. I had just finished full-time studies to become a Natural Health Practitioner and felt like something was missing in my training. I had studied many modalities, both for my own use and as a professional, but things felt disjointed and exclusive in their application, so I asked the universe to help me find the missing piece. Nicki Scully's book *Alchemical Healing* was literally placed in my hands by a friend, who said, "You should read this." It was what I had been looking for. I contacted Nicki and immediately knew that she would be my next teacher.

After my first class I started to incorporate all my knowledge and training into an all-encompassing healing art. Just as each person is different, each receives what is for their highest good. I follow their lead to help them on their healing journey. Alchemical Healing is an intimate dance between the healer and the person receiving the healing, between spirit and matter, between the conscious and the subconscious. As a practitioner I orchestrate the session, but the person who is receiving the healing takes an active part in the exchange. Together we create sacred space and invite miracles to happen.

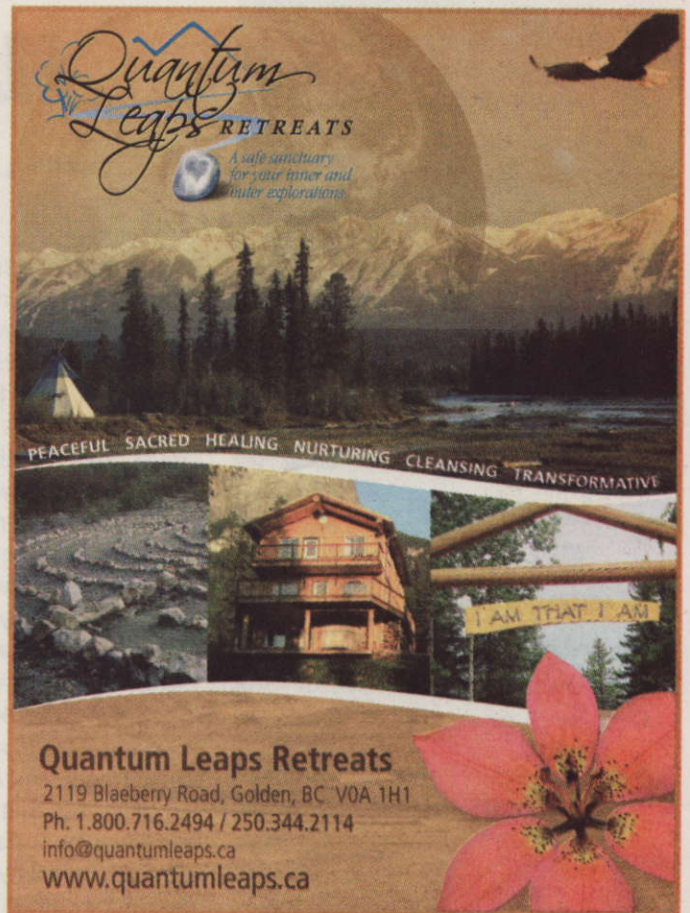
I have been privileged to be part of many amazing healing experiences. Once a fellow student burnt her hand while cooking breakfast, so we decided it was the perfect opportunity to practice what we were learning. I started by using the energy of water to cool the burn and removing the trauma. Then I called on the plant allies to help, and when I held out my hand I felt cold and wet energy drop into it. I knew right away that it was cold cooked oatmeal, and wondered how it could help. I was expecting aloe or maybe lavender, but, I trusted Alchemical Healing and applied it to the burn. She immediately felt relief. We went to class and as the morning progressed we watched the burn go through its stages. The blister appeared and within about an hour and a half it was just a slight pink spot and fading fast.

Today I have both the honour and the pleasure of traveling across Canada, the US and Australia to share Alchemical Healing with many wonderful people. *Please see ad to right.*

fluoride's hazards prior to their upcoming referendum on November 15th, 2014.

On the world-wide scene, fluoride is being banned in many countries and continents. The trend is towards taking fluoride out of municipal water and there has been great progress. Paul Connett, of Fluoride Action Alert, has been dedicated with the challenge of informing populations around the planet on this toxic practice. For this world-wide overview, go to <http://fluoridealert.org>.

Jane Shaak is Chair of the Fluoride Free BC Committee of the Health Action Network Society, which has been dedicated to bring awareness to its members and the public on the risks of fluoridation.



Quantum Leaps RETREATS
A safe sanctuary for your inner and outer explorations

PEACEFUL SACRED HEALING NURTURING CLEANSING TRANSFORMATIVE

Quantum Leaps Retreats
2119 Blaeberry Road, Golden, BC V0A 1H1
Ph. 1.800.716.2494 / 250.344.2114
info@quantumleaps.ca
www.quantumleaps.ca



Alchemical Healing

Learn Nicki Scully's innovative techniques about shamanism using the principles of alchemy. Create a practical form of physical healing, therapeutic counseling and spiritual growth.

presented by Debbie Clarkin

July 25-27 • Level 1
\$500 • Armstrong, BC

Deduct \$50 if you register one month before start date
(price includes 5 meals and some accommodation is available)

For more information call (250) 309-0626
visit: www.debbieclarkin.com
email: debbie@debbieclarkin.com

ISSUES

for EMPOWERMENT
MAGAZINE

Established 1990

angele@issuesmagazine.net

www.issuesmagazine.net

☎ 250 366-0038

fax 250 366-4171

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

♥ Issues is printed with love 3 times a year

Proof reader • Christina Drummond

**February, March, April & May
June, July, August & September
Oct, November, Dec. & January**

Our mission is to provide inspiration
and networking opportunities
for the Conscious Community.
26,000 copies are distributed freely
in BC and Alberta.

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

AD SIZES & RATES

COLOUR ONLY

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

Discounted rates for repeat ads.

MARKETPLACE ADS \$80

NATURAL YELLOW PAGES

\$30 per line, per year

DEADLINE

for **Oct, Nov, Dec & January**
starts **Sept. 5**

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

Musing

with *Angèle*, the publisher



Last month, I completed a task that I thought about 25 years ago when I started Issues magazine. I got the feeling I should save several copies of each edition and copy all of my Musing columns into one file. Over the years I have been faithful to that guidance and even when my computers changed, I updated the files so my fonts were readable by the new operating system. I figure I must be one of the original bloggers – I just did it before it was “the thing to do.” I do not really know why I should document my life but my angels think it is important. My mind thinks it is to encourage others to listen to their inner guidance by providing real-life examples of a busy lady who combines inner growth with her many chores. Sharing experiences helps us realize we are not the only ones with issues. I would say that with so many people learning better communication skills, along with mechanisms like computers to spread the word, overall awareness has increased tenfold in the world, in the last ten years.

On the Internet, there are thousands of websites saying the same thing, repeating what Gandhi said, or Nelson Mandela ... same as all the great sages and saints: *Know Thyself* and *Expect the Impossible*. It is our greatness that needs to shine, our knowingness that we are connected to the Divine and that like conduits, we can bring heaven to Earth. Life-affirming joy captures the essence of our dreams. Practical steps on many websites offer individuals and organizations an easy way to be part of the shift that is happening. I am glad to see a healthy questioning of the old structures and a lively interest in exploring energy alternatives, preventative health choices and so much more.

On the front cover this month is a Quan Yin statue carved in Vietnam—I am attracted to her, rather than the Buddha. About 20 years ago while I was having a numerology reading, the reader's head nodded as he went into a trance. He then described me as a young woman stitching together flower petals to make handkerchiefs. When I asked why, he said, “It is your job, you work for the lady of the house.” I asked, “What does she do with them?” and he answered, “When people come to her with injuries, she places them on a hurt to help them heal.” I then asked who the lady was. He said she was Quan Yin. I asked who Quan Yin was, and he answered “a Bodhisattva from the East.” Then he said, “That was strange...” and continued on with the reading as if nothing had happened.

A few months later, I was organizing the Fall Festival of Awareness. Low enrollment had made it a rather tense time for me, so I decided to make the best of it and get some healing energy work done on me since we had so many healers and so few clients. At the closing ceremonies, the coordinator chanted words that were not in English. We repeated the words back to her and she chanted the next line. Within minutes, I had tears streaming down my face, and by the end of the chant, I could no longer hold hands or be in the circle as I was on the floor weeping from the emotions moving through me. It took over half an hour before I stopped crying and asked her what the words meant. She said it was a devotional chant to Quan Yin.

Later that month when I did magazine distribution, I found a statue of Quan Yin in a metaphysical shop. I have learned that when I hear/see things three times, I need to pay attention. I searched the library and found a book that listed 1,000 deities of the East. It had one paragraph describing Quan Yin. At least now I knew she did exist. It has only been in the last ten years or so that her endearing essence is being recognized in America, in China she is a beloved deity. *continues on page 6*

STEPS ALONG THE PATH

Cats

It was a typical early spring day at the Retreat Center. There were some scattered patches of snow still holding out in the shady areas of the trees. I still had to wear a jacket for the cool temperatures. Princess, our beautiful and affectionate Himalayan cat, headed out of the Lodge to wander around outside. We had friends that were hoping to get a kitten from Princess, so we adopted a young male Himalayan Blue Point kitten named Prince, with the hopes of eventually mating the two of them.

When evening came Princess had not returned, it was not like her to stay out at night. Much to my distress our neighbour told us that he had recently seen a bobcat in his yard. We searched in vain but she was nowhere to be found.

The next day I was outside unloading the van in the parking area outside the Lodge. Our little Prince was exploring the world wandering in and out of the van and all around the area. I had my hands full of gear when I suddenly heard the blood curdling scream of a cat, it had come from the edge of the trees. I dropped everything on the ground and rushed into the woods to see a bobcat with its jaws around the head of little Prince. I did what was probably a warrior battle yell at the top of my lungs and charged directly towards the bobcat. It heard and saw my approach and immediately dropped the bleeding kitten and ran under a nearby travel trailer. I scooped up the bleeding kitten and rushed him into the bathroom. I held him as he still struggled in terror to escape. I kept speaking softly to him as I treated his head wounds. Finally he calmed down enough so I could clean the wounds and stop the bleeding with pressure. He was delirious as Dennis, a member of our Retreat Center team, and I bundled him up and drove him to the local veterinarian. We had called ahead so the vet was ready when we brought Prince into his office. After examining the kitten, cleaning the wounds and giving Prince antibiotics, he told us it did not look hopeful as it appeared the teeth of the bobcat had penetrated the skull. We returned again the next day and the vet did all that he could for our little Prince. On the second evening Danny, another member of our team, volunteered to take little Prince into his bedroom to keep an eye on him. At some point during the night the kitten went into convulsions and died. It was rather traumatic for Danny to witness and an apparently painful departure for our little Prince.

The next day I set a live trap in the same place that the bobcat had attacked the kitten and baited it with wet cat food. It was not long before I heard a scuffling in the trap and I could see that I had captured the culprit. I walked up to the trap, which was made of steel mesh, dropped down to eye level with the bobcat and bared my teeth at it and roared an 'I can kill you here and now' kind of roar. It was one of those moments in life where I had the opportunity to take revenge and eliminate the killer of my beloved cats -or- I could accept the fact that he was just being a bobcat and doing what bobcats do... killing to stay alive, I choose the latter option. James, another member of our team, volunteered to help load the cage into the back of the pickup truck and we dropped the bobcat way up a wilderness road.

We completed the cycle by cremating the body of our little friend in a bonfire. Each of us took the opportunity to share our memories of the Princess and the little Prince. And so the cycle of life continues with the coming and going of beings through this plane of existence. Just some more Footsteps along the Path.

Namaste *Richard*



JOHNSON'S LANDING RETREAT CENTER

overlooking
Kootenay Lake

Consider joining us:

- For a Retreat
- Center Life Program
- Garden Volunteer
- Kitchen Fairy
- Community Member
- A Hike to Fry Creek
- Walk the Labyrinth
- Have Cookies & Tea

[www.JohnsonsLanding
Retreat.bc.ca](http://www.JohnsonsLandingRetreat.bc.ca)

250-366-4402

Today I have three books about her. The latest is entitled *Becoming Kuan Yin, The Evolution of Compassion*, written by Stephen Levin. You will find a book review on page 23. I was also given a magazine by a lady who lived in Asia. It features a 33-meter-high bronze and gold statue of her that watches over the island of Putoshan, one of the four sacred mountains of China and home to more than 1,000 monks.

Anyway, back to my website. All my *Musing* columns are now posted starting with 1989 when I shared pages with the Vancouver publication, *Shared Vision*. It seemed the Okanagan was ready for its own metaphysical magazine and I was ready to learn to be a writer and publisher. With each posting there is a family photograph from my homesteading days, which graced the front covers for the first ten years. Being a homesteader gave me a much different perspective from that of a child being raised in the city.

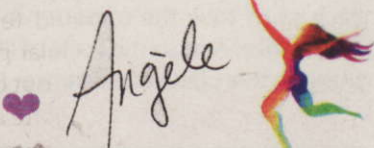
As my sister-in-law looked at a few of the old photographs, she laughed and told me a story my brother had shared with her. When we first moved to Rosswood, BC, an hour's drive from Terrace, my family rented the old telegrapher's cabin beside the creek. Each spring when the banks overflowed, Dad would move the furniture and open the front and back doors to let the creek run through the middle of the living room. Once the run-off was complete, we would sweep out the gravel and close the doors so the fire could dry things out. A good example of adapting to one's environment!

Just as this edition was going to print C.U.P.E., the union that serves the Naramata Centre, put up a picket line that I will not cross. My hope is that in the next three to four months they will figure out what is best for all. I know much anger and hurt have happened over the years. There is such a fine line between protecting the workers against abuse and workers taking advantage of a situation. Naramata is a very special place and perfect for hosting the two Festivals. In fact, there is no place else I could do it.

And finally, if you read the ad on page 16, you will know that Richard and I are ready for the next step of retiring from the busyness of running the Retreat Center. We had hoped to create a Canadian version of the Findhorn Foundation here in Johnson's Landing but that has not evolved. We have weathered many storms and even a landslide. I feel it is the time to pass our knowledge and vision on to some younger folks. As with all creations, there is much responsibility and also a time for letting go so the new can emerge. If you know of folks who are vegetarian and see this kind of work as "Love in Action," please let them know.

Last week, Richard said he feels like Noah, building the Ark and trusting that the rain is coming. We both love it here and hope that help is coming in pairs, humans, preferably a couple with a variety of skills that would be an asset to continuing on with this project.

Community living is not easy but then who said life was!

Angèle 

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

MONTHLY SPECIALS
Check it out ... www.daretodreamkelowna.com

**Aura/Chakra Readings with a Biopulsar Reflexograph
Psychic Readings, Healings, Massage & Reflexology**


**31 day Guided Personal Growth programs
now available, also offered online.**

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

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

Norma Cowie
Psychic Life Consultant

250 490-0654 • Penticton
norma@normacowie.com



Become a Transformation Therapist
four month certification course beginning in October.

Check website for details
www.normacowie.com

VEDIC ASTROLOGY

 **Carole Davis**
35 years experience



**Gain insight into your life: your
finances, marriage, career, family and more.**

**"Vedic Astrology provides a clear understanding
as to why things are happening in your life"**

1-888-406-9668 or 250-309-2736
email: caroledavis@shaw.ca
www.CaroleDavisAstrology.com

Nature Angels

Allyson
Giles

It has been said that we have separated ourselves from nature. If this is the case, how do we rekindle this valuable relationship? I use the help of the nature angels, also known as fairies, devas or elementals. Nature spirits exist as the energy that is alive in all living things, which include rocks, trees, water, shrubs, leaves and so much more. You may be curious to know if you have connected with these nature spirits. Ask yourself....have I noticed the sound of a babbling brook increase as I walk by? Has a leaf fallen from a tree directly before your feet? Did you see a face in a tree that seems to smile at you? If you answered yes to any of these questions, you have talked with the nature spirits. The nature angels help in everyday life, just as the celestial angels do. When it comes to earthly needs earth devas are denser in energy and closer to our human vibration than the celestial angels. The biggest reason for this difference is that fairies have an ego, just as we do.

The message portrayed by the Elementals is one of utmost importance. If there ever was a time to remember and connect with these playful, spirited little beings, the time is now. Fairies are not mythical beings from imagined folklore but rather real spiritual helpers who will effect, clear and bring about a positive change in your life. Fairies' gifts range from that of manifestation of one's own needs to the healing of pets, plants and humans. Furthermore, these spiritual creatures can help with relationships, finances, school and most importantly allow us to reconnect with our inner child. Fairies understand that play is not a luxury in life, it is a necessity so they constantly remind us to let go, have fun and get back in touch with the beauty that life has to offer. Those that feel particularly drawn to call on fairies may have a purpose that involves caring for the environment, children and animals. It is not uncommon to be drawn to creative pursuits and notice that through calling on the fairies or little people, creativity is supported, and at an all-time high.

When I connect with nature angels I notice an increase in my many blessings. It does take time for the fairies to reveal themselves as their trust must be earned. If you would like to connect more deeply with these nature angels, make an effort to recycle, pick up litter, help an animal in need, use eco-friendly products or donate time to a worthy cause. Good deeds will let the fairies know that you are on their team and are dedicated to help heal the planet.

Some fairy offerings that they view as invitations to connect are shiny objects such as silver or coins, chocolate, honey or crystals. Fairies will take in the energetic essence of the offering and respond by making you an offering in return. This will come in the form of a blessing being granted. Naturally spending time outdoors is the most surefire way to feel and connect with the joyful energy that fairies transpire. The fairies love holidays and teach us that the energy of celebration should be a regular part of everyday life. It may be something small or large, but do call on your fairies to join in and feel the spark of joy ignite and expand within you. ■■■►

Whispering Energetic Healing



Brenda Lainof, CECF CBCP

*Intuitive Counselor
Energy Healer and Speaker*

whisperingenergetic.ca

Sign up for the newsletter and book your
FREE 15 Minute Energy Scan

PROFESSIONAL EDITOR

and **WRITING COACH AVAILABLE**

- Want to write a book? Need help with Social Marketing?
- Want to take your message to the next level?

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



Your message, your voice:

The world is waiting!

604.684.0911 www.DianaGoldHolland.com

Go 4 It Video Production

ADVERTISE
EDUCATE...CELEBRATE
-TELL YOUR STORY

Rita Montgomery 250-460-3189
go4itvideo.com * ritamont2@gmail.com

Awaken Enchantment

"Happily ever after isn't just for fairy tales"



For Readings Call: 250-864-9013

allysongiles7@gmail.com

www.awakenenchantment.com

Why Do We Fight With Our Life Partners?

By Dr Mark Cornfield, Psychiatrist, Imago Relationship Workshop Presenter

Ever wonder why we are much more likely to get into quarrels with our life partner than we are with our friends or business associates? Ever wonder why they set us off so easily? And why, once in the quarrel we are capable of nasty behaviour that we would never dream of delivering to anyone else in the whole world?

Fascinating questions and the source of a lot of marital misery when we were expecting marital bliss and the dream of living happily ever after.

Well, the key to the answer rests in the amygdala, a small area in the primitive emotion center of your brain. This almond-shaped bit of brain tissue is the "alarm center" of your nervous system. Its job is to constantly scan your environment to determine whether you are safe or whether you are in danger. If it registers safety then you will find yourself relaxed, playful, creative, nurturant ... all the good stuff. But if it registers danger, it sets off a powerful alarm which triggers a powerful internal reaction and you are likely to fall into a protection pattern ... you will find yourself prepared to fight, to run or to withdraw. Nasty stuff.

The next thing you need to know about your amygdala is that it's a lot like a smoke detector in that it creates an awful lot of false alarms ... in fact, many more false alarms than accurate alarms. Why is this so? Well, like smoke detectors (which are triggered by just one similarity to actual fires ... particles in the air), your amygdala will scream "alarm" if it recognizes anything in your current environment that is at all similar to important dangers you have experienced in your past, especially in your early childhood years. What your amygdala is not good at sorting out is whether there are differences between your current situation and past dangers ... i.e., whether the alarms are false or accurate. There is a saying ... "a person who has been bitten by a snake, may be afraid of ropes."

So what's this about "past dangers"? It's important to be aware that when you were born you were totally helpless, and this helplessness lasted for years and years. A newborn horse can escape danger by running with the herd a mere 4 hours after it's born. But an infant human is totally dependent on its intimate caretakers (parents) for at least 5 long years. That means that any sort of disruption of positive connection between you and your caretakers (the original intimate relationships of your childhood) was laid down in your amygdala as a danger trigger. This could have been anything negative ... a frown, an angry voice, being ignored, being criticized, being belittled and the like.

So what's all this got to do with why so many of us quarrel with our life partners? Well, if you think about it, it's a perfect set-up to trigger your amygdala. Think about it. Your life partner is your current "intimate relationship". Anything that they do (or fail to do) that is at all reminiscent of negative experiences you had in your original intimate relationships (usually your parents) will trigger your amygdala, which will scream "danger" and you will automatically find yourself in a fighting mood (or withdrawing). Your friends and business associates are not intimate relationships and are therefore much less likely to trigger your amygdala.

So, the next time that your partner says or does something that triggers you, at least be open to the possibility that he or she might be innocently playing with a rope, while you are experiencing a snake.

Mark Cornfield and Susan McBride will be at the Johnson's Landing Retreat Center, July 12-17

Imago Couples Therapy and Holotropic Breathwork

They are from Toronto and are great facilitators!



ॐ LOVE of SHIVA ॐ

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

Visit our Crystal Cave with UV
Fluorescent Minerals!

526 Stanley St.
NELSON, BC
250.352.7418

Spiritual Intensive

If you are committed to turning your life in a new direction that is closer to your heart's truth and your soul's path, then this is the class for you. This is more than just an instructional course, it becomes a place in time where the world stops, and the miracle of you emerges. We start with the basic tools of meditation, parapsychology, metaphysics and healing designed to improve your personal and professional lives. You learn to apply your paranormal abilities through regressions, criminal investigations, psi-scans, automatic and inspirational writing, healing and much more.

This four-weekend training provides a uniquely graduated program where your heart and vision are opened to the presence and nurturance of love.

Merrit / W Kelowna

WHEN: July 25-27, Aug 29-31, Oct 17-19, Nov 7-9

West Kelowna

WHEN: Sept 5-7, Sept 26-28, Oct 17-19, Nov 7-9

Contribution: \$1,000

Tarot

For centuries the Tarot has been a central tool of the mystic path. Spend two fun and informative days exploring the traditional and non-traditional approaches to using the Tarot.

WHEN: August 9 & 10

Contribution: \$220

All workshops are
at the Cove Resort
West Kelowna, BC

Please call Cheryl to register

250.768.2217

Monthly Meditation

7 PM, first Wednesday of the month
at the Cove Lakeside Resort.

If you want to lay on the floor bring
a blanket and pillow. \$10 donation.

Intuitive Counselling

A psychic portrait
of your energy
field with taped
interpretations.

West Kelowna
250.768.2217

Cheryl Forrest

Intermediate Meditation

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

WHEN: June 20, 21, 22

Contribution: \$275



**Aaron
Bjorndal**
**Certified
Rolfer™**

- Neural (nerve) Release
- Visceral Manipulation
- Isometric Joint Release
- Trauma Release

I enjoy giving lectures as well

EDMONTON, AB
downtown • new clients welcome

Appts: 780 984-7390 or
email: bjornhawk@yahoo.com

www.AaronBjorndal.com



**Rolf
Practitioner**

Ida Rolf's Structural Integration
and Body Work

Susan Book GSI Certified
Practitioner

Nelson • Creston • Grand Forks
250 551-5544

scorpp88@hotmail.com
www.rolfguild.org

DR. KEGEL

by Wayne Still

Once upon a time, not so long ago, in a land not so far away there lived a gynaecologist named Dr Arnold Kegell. Dr Kegell noticed that as some of his patients aged they experienced increasing problems with incontinence. The problems were exacerbated if the patient was overweight, had given birth or had abdominal surgery. Dr Kegell also noticed that the condition was related to the strength of the pelvic floor. Women with a weakened or compromised pelvic floor had more of a problem. He deduced that if a woman exercised her pelvic floor to strengthen it, the problem of incontinence could be alleviated or eliminated. This observation led to subsequent study of the pelvic floor and how it related to a person's general health and wellbeing. A Google search of Dr Kegell will take you to a Wikipedia page with lots of information on the pelvic floor, and the exercise Dr Kegell developed to strengthen the pelvic floor and which to this day bears his name. In this column I will give you an overview of the pelvic floor and why it is of such importance.

The pelvic floor is made up of three muscles, the pubococcygeus, usually referred to as the "PC", the levatorani and the ileococcygeus, (these names will be on the test!!!). The muscles form a sling or hammock at the bottom of the abdominal and pelvic basin to hold the associated organs in place. They are attached to the coccyx and hip bones posteriorly and the pubic bone anteriorly. The pelvic floor is kite-shaped, longer and narrower in men, shorter and wider in women. Its integrity is compromised by the rectum and uterus in women and by the rectum in men. The strength of the pelvic floor is important to all movements in the hips and legs, its elastic nature gives spring to walking, running, jumping etc. The extra opening in women's pelvic floors is one reason why women athletes are not able to compete at the highest levels with men. Besides contributing to incontinence in both men and women, a weak pelvic floor is also associated with various sexual dysfunctions in both sexes. Strengthening the pelvic floor will help women to achieve stronger and more frequent orgasms while helping to prevent premature ejaculation in men. A strong pelvic floor will make the birthing process easier and speed post-partum recovery.

All of us do the Kegell exercise several times a day in the course of normal elimination of wastes from our bodies. The contraction of the pelvic floor at the end of urination and defecation is a Kegell whether we are aware of it or not. In fact if you want to consciously experience a Kegell, just stop urination mid-flow. However, do not do this regularly as it will lead to urine retention. Once you have isolated the feeling of voluntarily contracting the muscles of the pelvic floor, you are set to incorporate Kegell exercises into your daily routine. There are some things to keep in mind while doing them. The contraction should be confined to the pelvic floor, butt clenching doesn't count. For women the anal and vaginal sphincters should be relaxed, for men the anal sphincter should be relaxed and the testicles descended. Get into the habit of doing your Kegell exercises at certain cues such as at red lights or while in line. It is an invisible exercise, no one knows you are doing them. I like to tell my clients that you don't have to go to the gym to do them. Do them in reps of 20-30 and experiment with holding them for 3-4 seconds. The feeling is enjoyable and the benefits enormous.



STRUCTURAL INTEGRATION

Visceral Manipulation & NeuroManipulation

INCREASE RANGE OF MOTION • RELIEVE CHRONIC PAIN • LASTING RESULTS

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

250 488-0019 for appointment



WAYNE STILL, GSI
siguy@telus.net
www.siguy.ca

HIDDEN TOXINS IN SURGERY + DENTAL PROCEDURES

by Dr. Ursula

I remember when, shortly after learning Homeopathic Toxicology, I asked a patient what medications were used during their surgery. The patient answered "anaesthesia and painkillers." Not being satisfied with that answer I asked them to call the hospital and get a full report of everything they were given. The list was shockingly long. This same scenario occurred with another patient having had dental work done. The same standard answer was "anaesthesia and painkillers" but the official record showed much more.

As a Homeopathic Toxicologist, my aim is to clear the patient from any toxic imprint that may still be causing symptoms in the patient long after any physical trace of the substance is gone. The energetic imprint stays indefinitely and affects each person differently. In Homeopathy, there is a syndrome called NEVER WELL SINCE. That means the patient has never felt well since an event. In this article, the two events discussed are surgery and dental procedures. I have seen patients who never felt well after surgery or after having had certain dental work done.

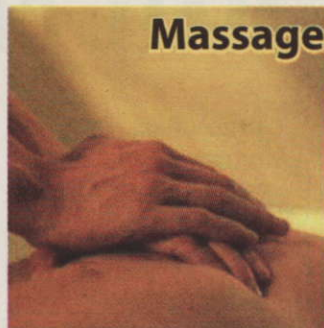
This article is not meant to criticize the medical or dental profession, as certain precautions and preparations are necessary for certain treatments. However, it is important to make people more aware of the multiple chemicals and/or invasive agents used that could be responsible for a weakening of the patient's health and immune system long after the event.

In the case of surgery, there is pre-surgery, during surgery and post-surgery preparation. These 3 stages could involve MRIs, CT scans, x-rays, antibiotics, antifungals, anticoagulants, diuretics, anaesthesia, benzodiazepam, antacids, laxatives, analgesics and oral solutions. That means one patient could be exposed to ten or more chemicals within a short period of time.

In the case of dental procedures, the patient could be exposed to anaesthesia, x-rays, analgesics, corticosteroids, anti-inflammatory medications, antibiotics, antiseptics (chemical mouthwashes), mercury, fluoride, prophylactic paste with artificial flavours, colours and sugar, acrylic, latex, disclosing agents (dyes) such as fluorescein and erythrosine, drugs like pilocarpine that reduce salivary secretions and mummifying agents.

Everything your body has been exposed to creates layers or a weakness in the system until one day a breakdown happens that seems to come out of nowhere. That is why it is important to be aware of hidden toxic effects. The sooner the system is cleared of the toxins after surgery or dental procedures, the better. Homeopathic Toxicology makes individual clearings for each toxin that target the DNA. This helps the system bounce back to normal before long-term weaknesses can set in.

see ad to right



Massage by Rita Montgomery
250-460-3189

Swedish, Deep Tissue
Chair Massage
Aromatherapy or Hot Stone
Lymphatic Drainage
Pregnancy Massage

www.ritamassage.com

ritamont2@gmail.com

Celebration Centre and Metaphysical Society



www.ccandms.ca
for schedule

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

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

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



**Okanagan
Thermography**



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

**Long distance telephone
consultations available!**

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



MASSAGE THERAPY SUPPLY OUTLET

Call for a free catalogue
1 800 875 9706

Phone: (780) 440-1818

Fax: (780) 440-4585

MAIL ORDER

TABLES

STRONGLITE

OAKWORKS

PRAIRIE

PISCES

OILS/LOTIONS

BIOTONE

SOOTHING TOUCH

HAGINA/MINT OIL

BEST OF NATURE

BOOKS

CHARTS

LINENS

ACCESSORIES

HOT/COLD PACKS

ESSENTIAL OILS

MASSAGE TOOLS

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

www.mtso.ab.ca



*Derrick
Whiteskycloud*

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

Tel 604.818.8375

www.whiteskycloud.com

Natural crystals, minerals, gems, and jewellery

www.thecrystalman.com



Hours

Thurs, Fri & Sat 10am to 4:30pm

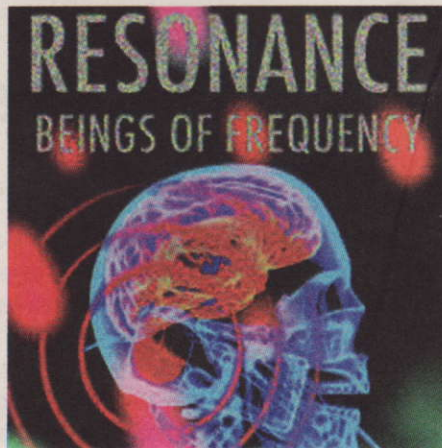
All other days: By appointment
250.838.7686 or 250.549.8840
or 250.308.7554

Directions

28 Novoting Road, Ashton Creek, Enderby

Go 10 km east of Enderby on Mabel Lake Road. At Ashton Creek General Store
angle left onto Rands Rd. In less than ½ km you will see our sign

The
Crystal Man
Gallery



RESONANCE is an eye-opening documentary which reveals the harm we are doing by existing in an ocean of man-made wireless frequencies.

Two billion years ago life first arrived on this planet; a planet which was filled with a natural frequency. As life slowly evolved, it did so surrounded by this frequency and inevitably, it began tuning in.

By the time mankind arrived on earth an incredible relationship had been struck; a relationship that science is just beginning to comprehend.

Research is showing that being exposed to this frequency is absolutely integral to us. It controls our mental and physical health, it synchronizes our circadian rhythms, and it aids our immune system and improves our sense of well-being.

Not only are we surrounded by natural frequencies, our bodies are filled with them too. Our cells communicate using electro magnetic frequencies. Our brain emits a constant stream of frequencies and our DNA delivers instructions, using frequency waves. Without them we couldn't exist for more than a second.

This delicate balance has taken billions of years to perfect. But over the last 25 years the harmony has been disturbed and disturbed dramatically as mankind submerges itself in an ocean of artificial frequencies that fill the air and drown out the earth's natural resonance. To the naked eye the planet appears to be the same, but at a cellular level it is the biggest change that life on earth has endured; the effects of which we are just starting to see and feel.

Crop Circles Pyramids & Orbs

Colin Andrews coined the term 'crop circle' when asked by the British government to investigate the phenomena 35 years ago. He is the leading authority and holds the world's largest database on them. The big question he says we should be asking is "What is the higher mind behind them?" Colin has appeared on numerous television shows like 20/20 and consulted on movies like *Signs* with Mel Gibson. His latest book, *On The Edge of Reality* is described by Dan Aykroyd as having "advanced our understanding of the reality of higher consciousness." Colin is discussing critical signs of earth changes and the increase of high strangeness events like orb sightings, increased paranormal experiences, and sky sounds.

Robert is a Hopi/Apache from Arizona where UFOs and extraterrestrial stories are common. Best known for *The Terra Papers*, *the Hidden History of Humankind*, Robert has traveled the world presenting his work and performing honoring ceremonies at sacred sites. Years ago he was contact by a hidden group of Native Elders who shared with him the 'Lost Legends'. Appearing by special live video-conferencing, Robert is revealing the Elders' Message and the amazing Lost History of Womankind.

David Sereda works as a director, producer, filmmaker, public speaker and has appeared on hundreds of radio and television shows. David uses math to prove the ancient pyramids are a tuning grid and giant crystal oscillators created to produce harmonic frequencies for faster-than-light communication with distant star systems. Who was advanced enough to design them and what is their purpose?

Don't miss this opportunity to hear the real history about our soul, our origin, our future and our destiny! *See ad to the right*

MOTHER EARTH
2014

JUNE 28 & 29
NELSON

CONFERENCE

REVELATIONS!

Colin is the original, world renown author, lecturer and researcher from England
* Coined the phrase 'Crop Circles' * Advisor to the Royal Family & Prime Minister
* Consultant to Mel Gibson & the movie 'Signs' * Appeared on numerous TV & Radio Shows (60 Minutes, 20/20, Coast to Coast). * World's largest data base on Crop Circles (they are not all hoaxes) * Earth Changes * Higher Consciousness * Orbs * UFO's * High Strangeness Events. *What changes are all these events bringing? What is the Higher Mind behind them?*



Our Past~

Critical Signs of Change: **Colin Andrews**



Robert is Hopi-Apache & author of *The Terra Papers*, *the Hidden History of Humankind*. For the past 10 years he has worked with a group of hidden Native (Semiye) Elders from around the globe combining the oldest Lost Legends to produce - *for the first time* - the remarkable (& disturbing) new book *Hidden History of Womankind*. (Vol. 1) *Where do we come from? Who really is our Creator?*
* Robert is appearing live by special video-conferencing arrangements.

Robert Morning Sky

Message from The Elders

Our Future~

Math does not lie. We can prove the ancient pyramids produce harmonic frequencies for faster than light communication with distant star systems. Star gates? Teleportation? Harmonies? *What is the higher purpose of the pyramids?*
David is also offering a private two day workshop following the event. For details and registration email: davidsereda@outlook.com



Our Destiny~

Ancient Pyramid Tuning Grid: **David Sereda**

For Info/Bios/Registration: www.motherearth2014.com

Saturday OR Sunday - only \$55 * Prestige Lakeside Inn * Both Days - only \$95

Seating is Limited & Expected to Sell Out! Don't Miss This Opportunity!

There is a fire burning over the earth, taking with it plants and animals, cultures, languages, ancient skills and visionary wisdom. Quelling this flame, and re-inventing the poetry of diversity is the most important challenge of our times.

Wade Davis

Brenda L. Fischer, CFP
Financial Advisor

Edward Jones®

MAKING SENSE OF INVESTING



2690 Pandosy St.
Kelowna, BC, V1Y 1V6

Bus 250 712 0508
Toll Free 1 866 860 2353
brenda.fischer@edwardjones.com

DREAMBUILDING and Your Health

by Florence R. Rickards

When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied. ~ Herophilus

Walt Disney once said, "If you don't have a dream, how are you going to make a dream come true." I ask, "How are you going to make a dream come true if you don't have your health." Studies have shown that not living our life purpose, and/or living with discontent(s) can lead to ill health. If you don't pay attention and take action to make changes, you might get hit with the two-by-four of a diagnosis.

Recently I reviewed a book by Kelly A. Turner, Ph.D. entitled, *Radical Remission, The Nine Key Factors That Can Make a Real Difference*, in which she lists the nine key factors to restoring and maintaining health and preventing disease.

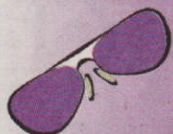
- 1- Take control of your health
- 2- Change your diet
- 3- Follow your intuition
- 4- Use herbs and supplements
- 5- Release suppressed emotions
- 6- Increase positive emotions
- 7- Embrace social support
- 8- Deepen your spiritual connection
- 9- Have strong reasons for living

During the past 30 years scientists and health care providers alike have come to recognize the power of the mind, body, spirit connection. Whether we realize it or not we are born gifted with the ability to heal ourselves. That which is within you is greater than any circumstance or condition you are facing. Understanding this may seem daunting at first. Kulreet Chaudhary, MD says "We need to connect with something bigger than just what we see in the mirror...the part that joins our intellect to a greater collective intellect that connects everyone and everything... a web of energy or divine matrix."

When we disrupt that energy field through violence to ourselves or others, such as anger and jealousy, or repetitive negative thoughts about our self or others, it is the equivalent of putting a drop of poison into that web and eventually the toxins can manifest as depression or as physical conditions. "You may think your problems are coming from your job, your spouse, your kids or your health, but these projections are showing you the current state of your mind-body-soul connection," said Kulreet Chaudhary, MD.

I had been very ill for quite some time and had lost everything I ever worked for, so I moved to Kelowna from Vancouver in 2009 because I had reached the point where I needed

Irlen Syndrome



If you suffer

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

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

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

Indigo Heart Truth and Wisdom

Kerri Linne Pahlframahn



kpdreamer@gmail.com

www.IndigoHeartTruthAndWisdom.ca



a customized electric wheelchair to function, and navigating the Lower Mainland had simply become too much.

To give you a bit of background about me, by 2005 I had a 30-plus year career, and everything I had done involved my passion and purpose in life – my reason for being – helping people reach their maximum potential and realize their dreams!

I have a Masters Degree in Business Administration from Simon Fraser University. I am a Registered Social Worker, a Certified Vocational Rehabilitation Counsellor, a Certified Human Resources Professional, a Certified Professional Co-Active Coach, a Certified Therapeutic Laughter Leader and Life Success Consultant. Over the years I had worked my way up to senior management positions such as Director of Employee Support and Development for a large 800 employee and 5000 student Public College, and Director of Business Development for a large national multi-location College.

In 1999 I received the Sperling Teaching Excellence Award from the University of Phoenix after pioneering their first Canadian Campus in Vancouver and Burnaby, and teaching 25 different courses in their Graduate and Undergraduate Business Degree Programs.

In 2004 I received the Courage to Come Back Award for overcoming Social and Economic Adversity. That same year I received the Woman of Distinction Award in recognition of my 25 years of contributing to the areas of Social Services, Human Resources and Human Development by creating numerous programs and services all aimed at helping people and improving the human condition, and for my 25 years of volunteering in various capacities, such as being the President of the Canadian Mental Health Association.

I am telling you this not to brag or impress you, but to impress upon you the power of the transformational programs that I had immersed myself in, and that I now share with my clients through speaking, coaching, teaching and writing.

In my life I had overcome many adversities including a teen pregnancy in the late 60s when being an unwed mother was shameful. I overcame poverty, abuse, divorce, bankruptcy, three near-death car accidents, sudden loss of loved ones, and more! By 2004 I lived a life beyond my wildest dreams and accomplished way more than I ever thought possible.

When I was at the pinnacle of my career, I became very sick and incapacitated. After going to literally dozens of specialists and enduring numerous tests over an extended time period, I received a diagnosis of an incurable disease. I was on a list of medications all aimed at treating the symptoms and none aimed at a cure or the cause. I was told that I would never recover and to just accept my fate! To me that was like telling me to give up.

But, I was not about to give up! I kept searching for answers! I prayed to be healed. I read many books and tried alternative and natural remedies without improvement. I meditated, practiced yoga, massage, physiotherapy, chiropractic, exercise, and relaxation techniques. By June of 2010 I was in the depths of despair. I was breathing, but, for me it was a living death because I could no longer participate and make a contribution to society.

The only thing that kept me going was my dog Sasha, a good friend, and monthly calls with Reverend Michael Beckwith. It was during one of those calls in June 2010 that I re-connected with Mary Morrissey, a guest speaker. She said "That the power that is within me is greater than any circumstance, disease, or condition that I am facing!" That resonated so I wrote it on a post-it and stuck it on mirrors all over the house.

In September of 2010 while re-reading *Your Invisible Power* by Genevieve Behrand, a book about practicing the spiritual laws and principles that govern the universe, I remember thinking, "If only I could study with Mary Morrissey. It might even be the way out of my illness and back to health and vitality." I spent time really feeling what this would be like. I held that thought and vision in mind and believed that it was possible. I did not know how, but I knew the what.

I had no idea that Mary was in the process of creating an international institute to train coaches and provide coaching using the spiritual laws and principles that I had been studying since 2002. An hour later I went to my computer and I had received an email from Mary responding to an email I had sent her in July. I have been studying with Mary Morrissey ever since.

In September 2011, I got out of my wheelchair and started walking. Many times Mary said, "inspiration without action is merely entertainment". As I put into practice what I learned, my health continued to improve. I decided to devote the remainder of my life to sharing what I am learning. I am now registered with Mary Morrissey's Life Mastery Institute and have become a Certified Transformational DreamBuilder Coach and Life Mastery Consultant. I also realized that the DreamBuilder Program addresses all nine factors for restoring health.

I am so happy and grateful that I believed in the possibility of being healed! I did not know the how, but I knew the what! I AM truly blessed. Every day I wake up and give thanks for a brand new day! Then I go through a list of things I have to be grateful for. Thank you God! Thank you Spirit! Thank you Source! This leaves room for God's handiwork.

DREAMBUILDER Program

Florence R. Rickards

**Are You Ready to Eliminate
Self-Sabotage, Fear,
and Uncertainty?
Ready to CREATE a life you LOVE?**

**I have a proven success system
for igniting the fire of the dream
within you, so that you can create
and live a life you love living!**



**Jump-start the results you want!
Email info@lighthousecoaching.ca TODAY
for a COMPLIMENTARY Dreambuilder Strategy Session
www.lighthousecoaching.ca**

Johnson's Landing Retreat Center is looking for New Owners!

Richard and I are ready to start relocating to Kaslo and wish to sell or leave the Retreat Center to folks who share our views. We are willing to stay for a year or two and train people who want to take the helm and steer the Center into a bright new future. Many options are available, individually or collectively.

I realize I must slow down and share the 'doing' that is needed to make the operation flow. Richard and I have shared our skills with many talented people who eventually move on because they cannot 'own' the fruit of their labours. I am wondering who out there has similar values to ours and wants some first-hand experience in operating a Retreat Center. If you have money to invest this could become your dream vocation.

Richard still hopes more people will decide to commit to his ideals and pristine property, allowing it to become the next Findhorn Foundation, where no one owns it. To do this we need people who are willing to become focalizers and commit to a 3-5 years service plan. You would use your skills to help volunteers grow, while learning what it takes to make community happen.

We do have two members who want to stay but we need more skilled labour. We are looking for vegetarian people who are non-smokers and non-drinkers and have a spiritual interest. Ideally, this would be a couple or two who have carpentry, mechanical and various handy-man skills as well as cooking, computer and organizational skills.

The Johnson's Landing Retreat Center includes 17 acres of land, a 5-bedroom main lodge with two kitchens, 5 cabins, a common room for workshops, a 24 foot dome, 2 tree houses, 2 tipis, a 6-sided meditation cabin, a deluxe solar shower plus solar panels, a sauna and a large garden.

We welcome ideas and comments if this type of business has been a dream of yours.

*This summer presents a golden opportunity
to come for a visit and see what is possible.*

*Please email Angele@IssuesMagazine.net
or phone 250-366-0038.*





July 11 - 14, 2014
Creston, BC Canada



"Herbs: the Medicine of the People"

is the theme of this year's conference and celebrates the centuries-old tradition of herbs in food and medicine, connecting to our past and their healing power. Whether we use them to feed our families, or to maintain our health and wellness, herbs can be appreciated by everyone.

Our amazing presenters hail from the USA and Canada and represent a range of herbal traditions.

We are excited to host:

Darcy Williamson
Dr. Nita Bishop
Bev Maya
Dr. Jenn Dazey
Yarrow Willard
Katolen Yardley
Dr. Marisa Marciano
Gudrun Penselin
Dr. Kim Masuch
Colleen Emery
Maya Skalinska
Rachel Beck
Garliq
Keith Davis
Yana Siminiuk-Doyle

FEATURING



Darcy Williamson – renowned US herbalist and wild food author, who for the past 40 years has taught students and apprentices how to find and prepare the wild edible and medicinal plants.



Katolen Yardley, MNIMH is the current president of the Canadian Herbalist's Assn of BC and is widely respected in the field of herbal medicine. She specializes in women's health issues, skin dis-ease, digestive and nervous system disorders and believes in providing usable tools for healing through inspiration and education.

TO REGISTER:

Call 1-866-740-2687

Email khccontact@gmail.com

MORE INFO: www.kootenayherbconference.com

Celebrate the centuries-old tradition of herbs in food and medicine with herbalists, healers and authors from around the world. Three days packed with exciting workshops and hands-on learning opportunities, plus take either of the amazing one-day intensive

workshops. Workshop topics include The Growing Importance of Becoming Backyard Herbalists, Ethical Wildcrafting, Medicinal Mushrooms for Vibrant Health, Herbal Approach to Managing Chronic Pain, Herbs, Growing Older with Herbal

Medicine, Ayurveda for the West, Herbal Allies for Digestive Health, Healing and Our Skin, Herbs for the Mind, Create Hormonal Bliss with Herbs, Natural Care for Pregnancy and Childcare and much, much more...





Lyn Inglis Spiritual Medium

*Private and Telephone
Reading & Workshops*

www.lyninglis.com

Email:

asklyn@lyninglis.com

250 837-5630

Fax 250 837-5620

ONGOING EVENTS

CANADIAN SOCIETY OF QUESTERS

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

MONDAYS

MMME CLASS STUDY OF METAPHYSICS

third Monday 7-9 pm • \$15⁰⁰ • Reserve space
#1-477 Martin St. Penticton • buschc2@gmail.com
Details at www.bodyandsoulfoodinbc.ca

FRIDAYS

CRYSTAL BOWLS SOUND MEDITATION

Closest to the Full & New Moon on Fridays
Kamloops: 778 471-5598 • Call Therese.

SUNDAY CELEBRATIONS

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

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

The Holy Spirit, Enlightenment and Our Vibrational Frequency

by Louis Hoolaeff HR HC ACS

For several years and since the start of the 7th Golden Age, which is the new cycle that began on December 2012, our Earth and everything on it is being flooded with higher frequencies of Transfiguring Divine Love. Everything is being accelerated as our bodies are transformed from carbon-based planetary cells into Crystalline-based Solar Light cells. Our Earth is cleansing and raising its vibrational frequency through increased geophysical events.

This influx of Transfiguring Divine Love, working in unison with the influx of the 5th-Dimensional Crystalline Solar Violet Flame, will cleanse us and lift us up in ways that will astound and amaze even the most skeptical person. Is this the enlightenment that many are seeking? Is this the beginning of the ascension as spoken of in the Bible? Pay attention and expect miracles!

In order to keep up with these higher frequencies we must care for our physical bodies. A healthy organic diet free of pesticides, hormones and other added toxins is essential. Live plant foods and live whole food supplements are important facets of attaining enlightenment. If we are not preparing the body for enlightenment, the mind and soul cannot become enlightened. The feminine aspect of God is the Holy Spirit in the spiritual realm and is expressed by Mother Earth in the physical realm. But the Holy Spirit is really everywhere and is everything because it is the vibration of life itself. The Holy Spirit can only fully enter a body that is adequately prepared for it.

If the vibration of the body is too low, the Holy Spirit cannot add to the soul's vibrational rate. The body would not be able to handle the increase in vibrational spiritual energy. Eating correctly and being fully active play important roles on the vibrational rate of our body; otherwise the vibrational rate of the body may remain too low for major spiritual advancements to occur.

Putting drugs, alcohol or unhealthy foods in our bodies is an offence against the body and likewise offends the Holy Spirit as our body is the temple of the Holy Spirit. How do you feel when you walk into a public washroom and it is disgusting? How do you feel crawling into a bed that has freshly-washed sheets? Do you see the difference? Would you defile a church of God? We defile our own temple when we eat unhealthy foods, drink alcohol to excess, take illicit drugs and think unholy thoughts. This also includes the reliability on medicinal drugs which lowers our vibrational frequency. Even though medicinal drugs might be necessary on a short-term basis, high quality, high frequency foods and ultra powerful whole food supplements can overcome this need for medicinal drugs.

To learn how we can raise our vibrational frequency, visit our blog
www.2012-beyond.blogspot.com

Our site explains how to raise our vibrational frequency by eliminating practically any illness with ultra powerful high quality whole food supplements, follow our Educational Health blog... www.LeadingEdgeHealth.org

Our ultra high quality whole food supplement site... www.IdealHealth4life.info

Request a FREE Educational Health package...
LeadingEdgeHealth@shaw.ca or call: 250-220-1262

Raising Vibration Through Bodywork

by Hope Mead



Every day, more people are becoming aware that we are in a time of planetary shifting. This shift is happening on many different levels, and we are being called upon to raise our vibration, or frequency, to meet the challenges of the changes.

But what does 'raise our vibration' actually mean? There are different interpretations, but to me, vibrating at my highest level or frequency means being the clearest channel for love that I can possibly be. Which, in turn, means being healthy and balanced in my body, mind and spirit to better enable the flow of love-carrying life force to be expressed through me.

As someone who has been practicing different forms of massage and energy-work for over 40 years, I've seen time and time again how bodywork can be a powerful tool to help open someone's blocked energy channels and raise their vibration. Energy wants to move, to flow freely through us as it does through the universe. Yet sometimes energy needs a little assistance.

My passion to explore energy in all of its forms, and to understand the shift we are experiencing, has led me to many different disciplines and studies. Some of these include: yoga, dance, the chakra system, reflexology, cleansing, meditation, Tantra, isolation tanks, and the nature of reality and consciousness itself, which is illustrated in my documentary film *Orbs: The Veil is Lifting*. In the film, produced and directed with my late husband Randy Mead, I explore our perception of reality, the nature of human existence, and what lies beyond our five senses. I am joined by a panel of researchers that includes physicist Klaus Heinemann, animal communicator Joan Ocean, and *What the Bleep Do We Know?* alumni theologian Micheal Ledwith and Ramtha channel JJ Knight.

The focus of my bodywork is to open and relax all systems by bringing together my experience in massage with my experience of the non-physical, including the emotional body. This inclusive approach makes sense as our bodies contract and tighten for many reasons, not all of them physical. Some issues can result from stress and depression, accidents, aging, bad posture or weight gain, as well as substance abuse. These imbalances can cause us to tighten, restricting the flow of vital energy throughout our bodies. By working with someone's breath and gently stretching their body while elongating the muscles with deep strokes, a release can occur that allows this vital healing energy to circulate more freely throughout the whole system, promoting health and well being. I feel that it is an honor to be entrusted with someone's body knowing I can affect change on so many different levels, and assist them in opening to the fullness of their potential.

Terry Willard, founder of the Wild Rose College of Natural Healing in Calgary, said this about my work, "In the summer of 2010 I was lucky enough to spend time at GreenSong Sanctuary in the Slocan Valley, BC. One of the great highlights for me was having bodywork done by Hope Mead. I have worked in a clinical setting for over 35 years; always having one, to many, bodyworkers in my employ. I can clearly say that Hope's work on me was the most transitional work I have had done. Her greatly intuitive work knew exactly what my body and spirit needed, transforming me in the process. Thank you deeply for such a great session."

To schedule an appointment for yourself or purchase a gift certificate for a loved one call: (250) 355-2884 or email me for more info: hope@greensongsanctuary.com. GreenSong Sanctuary is a healing environment located on the Slocan River, south of Slocan City. see ad ■■■ A review of her husbands CD *Ascending Spiral*, page 22.

Earthly Creations Floral Art Gift Gallery



Marie E. Shandalla

250-861-5825

2630 Pandosy St

Kelowna, BC

Marie@earthlycreations.net

Canadian Made - Canadian Grown

**Every dollar we
spend is a vote for
what we believe in!**

Hope Mead

Massage & Energywork



Located in the Slocan Valley
To schedule an appointment,
call 250.355.2884

DISEASE originates from an unexpected emotional shock

Learn the science behind the mind body disease connection.



John Theobald, B.Sc. presents the research of **Dr RG Hamer, MD** & **GERMAN NEW MEDICINE**

info www.learninggnm.com
john@learninggnm.com

The Red Feather and Divine Timing Gift Shop

New in KELOWNA

Gifts for the Spirit and Soul
Angel & Tarot Readings by Linda

506 Groves Ave
www.divinetimingreadings.com
778.484.0877

Market Place

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

Ad rates on page 4
250-366-0038

Animal Communications



Georgina Cyr 250 723-0068
www.animal-communicator.com

Iris analysis available
www.iridologycourses.com

Palm Readings with Ruth

Your life is in your hands. When I touch you my guides tell me what you need to know.



\$40 for 30 minutes
(credit cards or cash)
250-707-0770 Kelowna

Wild Roots Herbal Learning Centre



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

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

Amazing Cures from the Earth itself - CLAY

This is the subtitle of the book **Healing Clay**. The author lists **Pascalite** that is mined in Wyoming, USA and available in Canada. www.pascalite.ca. Sold since the 1930's it has many recommendations. It is the centuries old health and beauty elixir. Ask for a **FREE SAMPLE** and information without obligation!

Inspired Creations
1-800-909-7284

gaia rising

metaphysical
tools
and
new age
books



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

OPEN DAILY-tax free sundays

www.gaiaising.com

Awakening

by Loretta Locke

As far as I can remember, I was always looking for something higher in my life. It took me through failed attempts at religion, a decade of esoteric practices, countless self-betterment workshops, a course in healing, channelling, contact with angels, past life regressions; you name it. There was little I left out. After the initial high I was always dissatisfied till the next thing came around. It was a never-ending treadmill. There was always something more I had to reach.

Twenty years ago I attended my first Satsang in Germany where I lived, and was blown away. I knew it was the answer to what I had been looking for. From then on this was the only thing I wanted. My demanding life as a single mother with two young kids took its course, though one retreat a year was all I could fit in to my busy and financially tight reality. I met several teachers along the way, two of which helped me see the intricacies of the created self.

In 2011, my kids grown up and independent, I met Gurpreet in Canada. I was immediately struck by her humility and simplicity. I liked the fact that everyone got a turn with her, and she decided when the connection was over. I could relax, I didn't have to worry about being polite and letting the next person have their turn. She cares for every individual and guides us untiringly on this path. Gurpreet knew exactly where I was at, and in time she let me know that losing my created self would cost me all my comfort. Every single bit.

Gurpreet is a self-realized teacher, although on occasion she has stated that she doesn't see herself as a teacher. She says she just IS with us. Her energy is very fine and subtle. She's not out to impress anyone; her teachings are very simple and direct. Never before was I able to go so deep so quickly. At times, when I've felt like the slowest student on the planet and a failure, she welcomed me saying it was a wonderful place to be. She says it's not about being a good student, it's about going backwards and uncovering all the buried

and dead parts of the person, so they can come back to life. Otherwise they cannot be transformed.

I feel so cared for on my path with her. She knows me and sees where I'm stuck. In her presence and with her guidance clarity emerges. She lovingly offers us the space to see through her eyes. Sometimes it feels as if Mother Mary were sitting in front of me. She IS. The gaze in her eyes is timeless. The all-encompassing, unconditional surrender shines through her. I have never felt criticized or judged in her presence, and yet she can be very direct and uncompromising when necessary. With the "little bit" she shakes the foundations of the ego to the core without threatening them.

Some teachers have a strong presence, yet there's a lack of practicable guidance. Gurpreet embodies both. Everything can be the way it is. There's nothing to fix or change. Everything just needs to be seen. The mind wants to correct, solve, fix, label and get rid of the culprit. Just letting things be as they are, even patterns I've always wanted to get rid of, has been a real challenge for me. "Start feeling comfortable in them," she says, "start liking it." "Choose to be in the discomfort." Seeing our created person in kindness and gentleness, without judgment or wanting to change anything, works in wondrous and unexpected ways.

After decades of wanting to feel good and be happy, of choosing the highs and the bliss, this is definitely different. Through kind and gentle seeing an even deeper seeing emerges. New eyes open up within. In times of despair she has shown me how I am engulfed by the huge mental structures I created. They then seem bigger than me, making me so poor. In this projection it can seem that the outside world is to blame for my misery. With her clarity she has been able to pop my bubble over and over again. The reality that is left over is so unbelievably simple that we usually miss it. An increased clarity emerges through deeper seeing. In it we become more independent and start taking responsibility for ourselves. I am infinitely grateful to have Gurpreet in my life.

Please see ad to right

Awakening With Gurpreet

*"The Possibility
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 the 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 satsangs 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

Two Satsangs Daily: 1-4 pm and 6:30-9:30 pm

\$20 per satsang cash/credit at the door

Retreats are held regularly at the following locations:

VERNON, BC Fairfield Inn & Suites 5300 Anderson Way

June 13 - 22 ~ Sept 12 - 18 ~ Dec 5 - 11

RICHMOND, BC Holiday Inn, 10720 Cambie Rd.

July 11 - 17 ~ October 10 - 16

LEDUC, AB 4023 Aspen Way

July 25 - 31 ~ Sept 26 - 30 ~ Nov 28 - Dec 1

BRAMPTON, ON 40 Fenton Way

August 13 - 21 ~ November 15 - 23

Registration & Information

www.AwakeningWithGurpreet.com

1 888 957 0050



www.fairtrade.ca
Certified Organic by
PACS 16-297

100%
Certified Organic
Certified Fair Trade
Salmon Arm, BC

www.shuswapcoffee.com



coffee grown by women

Thanks to these two companies for supplying the refreshments for the the Wise Women's Festival and the Spring Festival of Awareness.

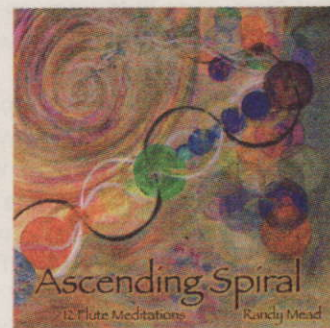
PUKKA

Gold Metal Tea Blends From England
Soil Association Certified Organic



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

Available At Your Favourite
Health Food Store



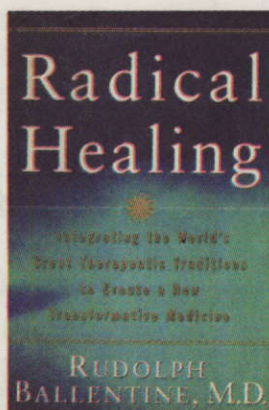
Ascending Spiral

12 Flute Meditations by Randy Mead

This music was recorded with a Flute and Tibetan Bells and conceived for maximum healing. A palate of 144 harmonic tones (12 perfect ratios for each key) is used to gradually raise the energy in an ascending spiral. The music is perfect for massage, yoga, or meditation. The audio has been seeded with Quantum Data Fields to align the chakras, balance the aura, and generally tune up the subtle energy and biofield systems of the human being.

It was given to me by Hope Mead, whose husband created it upon her request to raise the vibrations when she gives a massage. She impressed upon me that it contained scalar frequencies designed to balance the human biofield. The music was soothing and so is having a massage.

I loved the homemade cover designed using a rainbow and musical notes. www.toolsfortranscendence.com

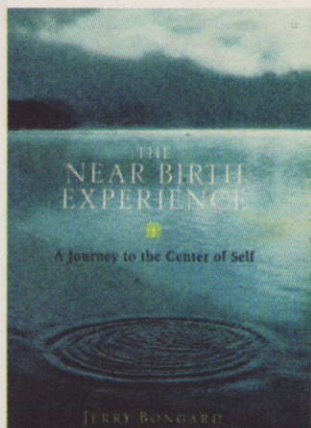


Radical Healing

by Rudolph Ballentine M.D.

A pioneer of the holistic health movement Rudolph draws on more than 40 years of study, medical practice, and research, to present a comprehensive, practical system of dynamic healing that helps us expand our self-awareness on all levels, and guides us toward our ultimate objective—a restoration of wholeness.

A graduate of the Duke University School of Medicine, with specialty training in psychiatry, he established the Center for Holistic Medicine in six cities. As its director for 25 years, he offered an integrative approach to treatment, using psychotherapy, homeopathy, Ayurveda, yoga, movement, and meditation. He also served as president of the Himalayan Institute for 12 years and the director of its Combined Therapy Department for 18 years. He is author of a number of books, including the classic *Diet and Nutrition* which I read forty years ago. I love his dedication to wellness, and even more after reading his latest book.



THE NEAR-BIRTH EXPERIENCE

A Journey to the Center of Self

by Jerry Bongard, published 2000

This book presents you with the memory of who you are. Jerry writes, "which is not primarily a human being having a spiritual experience, but a spiritual being having a human experience." He provides a way to explore our time 'before our birth' experience so we can answer questions like Who am I?, Where did I come from?

Once we understand these answers, life becomes more fluid. Each chapter describes the techniques by which near-birth regression is accomplished as well as accounts of dozens of people who have had near-birth experience. He outlines the various states—in the womb, in the inter-life, and in previous lives—or at least those that can help us with understand ourselves in the now. Gerald is a chaplain in Seattle, WA and provides care for the aging. I always enjoy personal stories of people realizing the connection to a greater source.

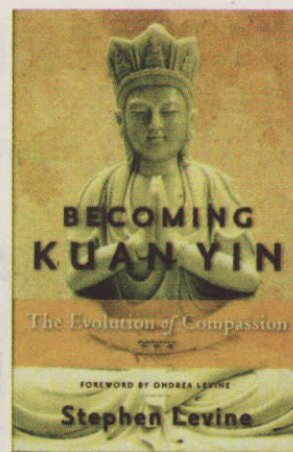
Helke Ferrie was born in 1948 in Germany to parents who were founding members of the resistance movement against Hitler. She grew up in India where her parents worked for the newly independent Indian government and was educated at an American international school and Zurich University. By 1995 she earned a B.A in Ancient Near Eastern Archaeology, Chinese history and philosophy, and an M.A. in Physical Anthropology from the University of Toronto. Following a serious illness caused by a life-long exposure to DDT and mercury dental amalgam, she became interested in the politics of medicine and began writing to help inform others and initiate action. Her articles have been published in many venues including Toronto's *Vitality* magazine. This latest book can be found at www.helkeferrie.com and can be downloaded for free.

Reviews

by
Angele

Becoming KUAN YIN

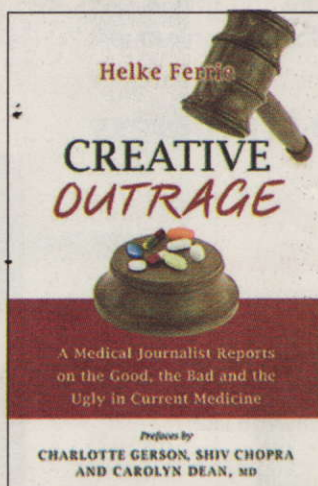
The Evolution of Compassion



by Stephen Levine, published 2013

In his long career as a poet, Buddhist teacher, spiritual advisor, and writer, Stephen Levine has changed our understanding of death and dying. In this latest book he shares the tale of Miao Shan, born centuries ago to a cruel king who wanted her to marry a wealthy but uncaring man.

This is the story of how Miao Shan refused to follow the path her father had in mind and, instead, became the first acknowledged female Buddha who watches over the dying and those who care for them. Levine weaves together the legend of this most important, and best-loved deity in China along with his understanding of the practice of helping the dying, so that readers can discover their own infinite capacity for mercy and compassion, even under difficult circumstances. In the end Kuan Yin still remains the mystery and power of the divine feminine, who transcends all doctrines, creeds, and traditions.



CREATIVE OUTRAGE

This book is an account of the decline of our medical system, the part that is controlled by the pharmaceutical industry and supported by our regulatory authorities. Helke describes the plight of people caught in a system that supports many drugs that are created simply for profits. She tells us why the system is sick using prestigious journals and various research institutions.

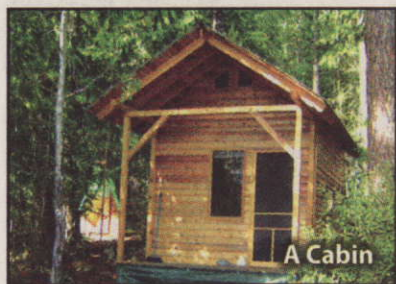
She says it is time the public demands uncorrupted research and insist that medical students learn to treat the causes of illness, not provide band-aid solutions.

Doctors need to be taught alternatives and then given the time to educate the public so we can learn to get ourselves well naturally. We need to demand that the Ministry of Health, Health Canada and the provincial Colleges oversee a more wholistic approach, if we are to have a health-care system and escape the disease-care system that has taken over North America.

Johnson's Landing Retreat Center

overlooking beautiful Kootenay Lake, BC

Its worth the journey...



A Cabin



A Treehouse



Tai Chi Camp in progress

CENTER LIFE PROGRAM \$310 *Includes meals & accomm.*

This seven-day program is designed as an immersion experience into Retreat Center life. A minimum of four hours per day for five days will be spent working in various aspects of the center: the garden, the kitchen, home care or maintenance. The remainder of the time is for you. Your Center Life experience can start any day you like.

HEALTHY HABITS COOKING \$310 *Includes meals & accom.*

Nothing like on-the-job training! Our cooks invite one or two participants to prepare two meals a day while a retreat is happening. Learn lots of new techniques and tricks of the trade. Here's your chance to make the transition to a healthy lifestyle by helping a seasoned cook prepare whole foods in a healthy manner that fits your schedule.

All accommodations prices INCLUDE MEALS

Which ranges in price from \$70 to \$125 per night.

Please check the website for the various price options including Shared Room in the Lodge, Treehouse, Bunk House or even a Tipi.

Our Vegetarian Meals are a Culinary Delight

We serve vegetarian gourmet meals using our own organic garden vegetables and herbs when possible.

We buy organic grains, tofu, dried fruits, seeds, nuts and locally-made sourdough breads.

We grind our own flour to make scrumptious-tasting baked goodies with cold-pressed oil and free-range eggs.

Wheat-free and special diets are available upon request.



Workshops & Retreats 2014

The fees on these 4 pages are for Early Registration... one month before class starts!

SOME WORKSHOPS ARE BY DANA (DONATION) TO THE INSTRUCTOR, PLUS ADMIN FEE

To register for a workshop call Toll Free: 1-877-366-4402

Ted Wallace received his B.Ed. in Art at the U. of Calgary in the seventies, and spends time in Mexico yearly. This experience, which was intended to continue his art education, also started a life-long spiritual quest. Years later the creative dam burst, releasing a huge amount of energy and he became obsessed with his passion for creating art. This obsession has now continued for over 22 years.



Creative Mandalas - 3 days \$195 • 5 days \$295
June 28 to July 1 ~or~ June 28 to July 3

Be introduced to a variety of drawing and acrylic painting materials which can be mixed and mashed to create a number of unconventional and interesting effects. Using this variety of materials, students will explore their creativity and work to find their own unique expression while examining and celebrating the tradition of Mandalas.

Zora Doval, is the author of two books on Ayurveda, a tantric yogini, teacher of meditation and yoga. Zora studied Ayurveda with Dr. Lad and holds a diploma for Ayurvedic Studies from his Institute in Albuquerque, New Mexico. She studied Ayurvedic bodywork and cleansing therapies known as pancha karma with Dr. Sujata Kekada in Bali. She has a real passion for Ayurveda, Yoga and Tantra, the three sister sciences for greater health, happiness and inner freedom.



Ayurveda - Blissful Path to a Healthy Life
July 4 - 6 ~or~ July 4-11 • \$195 or \$570

Learn the fundamentals of this ancient healing system and live a lifestyle most suitable for your constitution.

Learn to prevent disease by using seasonal/daily routines to preserve health using tonics and food combining, spices and gentle purification methods. The retreat will be complemented with daily practices of hatha yoga and meditation to give you a full immersion into a healing and restorative lifestyle.

Mark Cornfield is a psychiatrist in private practice. His special interests include psychotherapy, ego state psychology, PTSD and dissociative disorders.

Susan McBride has a Masters in counselling and her work centers around facilitating troubled couples using Imago Relationship Therapy. She offers Holotropic Breathwork and Mindfulness Based Stress Reduction programs.



July 12 to 17 • Imago Couples Therapy and Holotropic Breathwork • \$585

Couples Therapy is an experience in understanding self and partner, combined with tools that restore the energetic connection and passion present in the early days of romance, which all too often sours into conflict, distance and pain. Based on the work of Dr. Harville Hendrix.

Holotropic Breathwork is a healing technique in which we access altered states using evocative music and deep breathing. Based on the work of Dr. Stan Grof.

Mark has an article on page 8 about Relationships.

Dale Rowe has had a passion for renewable energy concepts for over twenty years. He converted a diesel vehicle to run on waste vegetable oils, and designed and fabricated a waste oil heating system for his family home. Three years ago he started a company in Edmonton called *That Solar Place* which supplies, designs, and installs solar installations. He likes keeping up with the latest innovations.



July 18 to 20 • Renewable Energy • \$185

Get a basic understanding of how to plan a solar electric system for your grid-tied or off-grid home to be Net Zero Energy. Will cover solar hot air, solar hot water, wind, micro-hydro energy generation, Bio-Diesel, and battery electric transportation. Time permitting we will set up a solar Photo Voltaic array.

July 26 to 31 • **Restorative Yoga Retreat** • \$470

These experiential, practise-based retreats are designed to help you re-connect with your deep self. Expand your yoga and other mindfulness-based practises, and experience deep rest, rejuvenation, release and freedom!

August 8 to 10 • **Tantric Intimacy** • \$195

Tantra includes all aspects of earthly life, including sexuality and relationships, and can be a path to awakening. Learn practical tools to deepen and enliven any relationship with the cultivation of love and surrender.



Virginia Preston is yoga, meditation and tantra teacher, and a Registered Professional Counsellor. She is versed in the mental-emotional clearing practises of Byron Katie and the Sedona Method. She has studied yoga in Canada and internationally, and shares with the tantric practises of Agama Yoga, Osho and David Deida. With gratitude and enthusiasm, she supports others in healing, transformation and awakening.

August 8 to 10 • **Coping with Grief and Loss Growing and Transforming** • \$185

We will begin with a focus on self-care before introducing the myths associated with bereavement and grief experiences. A variety of coping strategies will be offered. The transformative nature of grief will be woven with a focus on the process of meaning, making and continuing connections.



Deb Bennett is an Associate Professor at Mount Royal University in Calgary. Deb assists community agencies by developing and facilitating workshops on loss and grief for professionals and volunteers. As a social worker for over 18 years, Deb worked in a variety of settings including Hospice, Hospital, Police, Mental Health Services, and Family Support Services.

Deb has an article on page 31 to provide education on Grief.

August 13 • **Seed Saving** • \$70 one day

The morning will be spent reviewing the principles of seed saving and the afternoon will be a hands-on experience of observing seeds.

Patrick Steiner is the owner of **Stellar Seeds** and lives across the road. Participants will take seeds home and leave with the knowledge to grow and save seeds in their garden.



Kootenay Lake Qi Gong / Tai Chi Summer Camp

August 16 to 22 • \$635 *includes camping and meals*

Tai Chi is the art of flowing body movements to improve your energy levels and bring the body into harmony while calming the mind. Intermediate and Advanced students will have form-improvement sessions that are not style-dependent. Option include Fan Forms, Weapons and Push Hands. Qi Gong starts the day and massage in the evenings, wrapping-it-up it softly.



**2013 participants for the
36th annual Kootenay Lake
QiGong/Tai Chi Summer Camp**

Hajime Naka • Brian Knack • Kevin Wallbridge (*instructors have their credentials listed on our website*)

www.JohnsonsLandingRetreat.bc.ca • Toll Free: 1-877-366-4402 • Booking early makes the workshops happen!

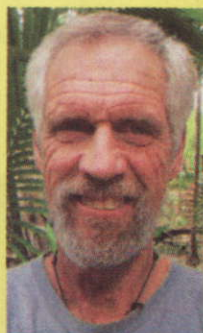
Brian Ruhe has been teaching for 16 years in the Vancouver area. He was a monk in Thailand and is the author of two books and a guided meditation CD. He trained in the Theravada Forest tradition and has taught thousands of people at colleges and adult education courses. Brian's latest book is *A Short Walk On An Ancient Path – A Buddhist Exploration of Meditation, Karma and Rebirth*.



August 24-30 • Mindfulness Meditation and Buddhist Philosophy • \$100 plus dana

The Buddha taught that you can start where you are and develop your mind and heart and happiness. This silent retreat will consist of meditation instruction, dharma talks and discussions, guided meditations, silent sittings, loving kindness, walking meditation and other movement. There will be opportunities for personal interviews and guidance for your inner work.

Ted Wallace received his B.Ed in Art at the U. of Calgary in the seventies, and spends time in Mexico yearly. This experience, which was intended to continue his art education, also started a life-long spiritual quest. Years later the creative dam burst, releasing a huge amount of energy and he became obsessed with his passion for creating art. This obsession has now continued for over 22 years.



September 6-12 • Intuitive Painting • \$325

Students will be given techniques and opportunity to go deep into the well of their creativity. For beginners this is an opportunity to start a relationship with painting by experiencing the joy and energy of creating. For the experienced artist it is a chance to break out of patterns and refresh a relationship with the heart and soul of their artistic process. We will cover inspiration and techniques for building a painting.

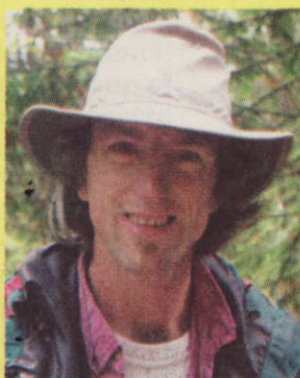
Blanche Tanner has been a Master Breath Practitioner for over 30 years, Family and Human Systems Constellation Facilitation and Women's Retreat leader. Blanche has been involved with personal growth, spiritual awareness and healing work for over 35 years in Canada and in Europe.



September 12 to 15 • The Heart of the Matter Family Constellation and Breathwork • \$275

Both are powerful, deep methods for releasing trauma, stress and entanglements from our physical, mental, and emotional bodies. Reconnecting us to the loving support of our ancestors, to our life force energy, and to our own knowingness and personal power. We will address a variety of issues including addictions, relationship failures, depression, illnesses and adoption.

Tyson Ehlers is an ecologist from the Slokan Valley, who specializes in wild mushrooms. His numerous research projects and scientific articles contribute to a better understanding and management of mushrooms in BC. He strives to foster the important connection between people and the forest, delivering workshops and guiding mushroom forays for over 10 years with people of all ages.



September 26-28 Know Your Mushrooms • \$195

Starts with a slide show covering basic mushroom biology and ecology while introducing the local species through his beautiful photos. Learn helpful hints on identifying and finding mushrooms which follows as we visit different habitats to collect as many mushrooms as we can. Then a mushroom cook-out where participants learn basic cooking techniques and get to sample the unique flavours of these earthly delights.

Michael Hollihn studied food security and top-soil erosion, enjoyed Eastern Philosophy and Existentialist Thinkers at UVIC, then continued with Selection Logging and Eco-system Mapping at the Ecoforestry Institute, and Timber Frame Production at the College of the Rockies. Now he instructs at the Blue Quills First Nations college. He has been practising Yoga, Qi Gong and Vipassana meditation for 19 years. He owns and operates Prana Timber Frames and Food and Shelter Farm in Midway.



October 4 to 10 • Timber Framing • \$495 includes meals and camping.

Michael starts with an overview of natural building, timber framing and ecological forestry. He will lead us through a project overview, explaining the design drawings. There will be a layout overview so you can learn how each joint is laid out on the timber for cutting. Different types of joints will be explained during this hands-on building project where you will get to practice with hand and power tools.

The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

Lots of folks buy tomato sauce in jars ready to heat and serve, Hummm... sounds tempting. Home-made sauce will take your meals to the next level of Delicious! I will teach you how to make a simple tomato sauce that you can adjust to your own taste. If you have access to very ripe fresh tomatoes, that is the best. If not, you can get canned tomatoes. Do not be intimidated by the amount of instructions as these are mostly just useful details... the actual recipe is really quite simple. :)

Bon Appetit, *Richard*



Tomato Sauce Serves 6

Ingredients:

3 Tbs **Olive Oil** (cold pressed preferred)
2 Medium **Onions** (finely chopped)
1 **Orange Pepper** (finely chopped)
1 **Yellow Pepper** (finely chopped)
4 cloves **Garlic** (crushed)
8 cups (3 Pounds) **Tomatoes** (see below)
-or- Two 796ml cans of **Crushed Tomatoes**
2 tsp dried **Oregano** (or 2 Tbs of fresh, chopped)
2 tsp dried **Basil** (or 2 Tbs of fresh, chopped)
1 tsp **Salt**
3 grinds of Fresh -or- 1/4 Tsp ground **Pepper**
3 more Tbs **Olive Oil**
1 Tbs **Sugar or Honey** (optional)
Butter (optional)

Using Fresh Tomatoes

Tomatoes vary quite a bit, only soft, ripe tomatoes will give you the flavour that is necessary for a rich sauce. Some grocers actually mark down some tomatoes as over-ripe, if these are not going bad they will be perfect for a sauce! Hard winter tomatoes are not usable for sauces.

Cut up the whole fresh tomatoes into a 2 quart pot and bring them up to a simmer (just where active bubbles are showing on top) for ten minutes. Let them cool down for about 15 minutes and take off the excess watery liquid (save this for cooking stock in soups and other recipes). I find the easiest way to do this is to get a large soup ladle and gently push it down into the cooked tomatoes, the liquid will spill over into the ladle leaving the bulk of the tomatoes in the pot. Get as much out as you possible can... you can always add some back later if you find the sauce too thick.



Directions:

In a large covered pot heat the Olive Oil then add the chopped onions, peppers, and crushed garlic for around ten minutes. If you are using fresh tomatoes prepare them as indicated. If you are using canned tomatoes drain all liquid as per the fresh tomato instructions. Now add the tomatoes and bring the mixture back up to a simmer for 30 to 40 minutes, during this time add the spices and olive oil. That is all there is to it!

Tomato Sauce Tips & Tricks:

- A sauce that is too tangy can be softened with a bit of sugar or honey.
- Butter can enrich and mellow a tomato sauce, just before serving stir in approximately a tablespoon of butter for every 2 cups of sauce.
- If the sauce is too thin stir in a small can of tomato paste.
- If you do not want a chunky sauce you can smooth it with a stick blender.
- Do NOT over simmer the sauce, you can thicken it this way but it will reduce the flavour.

Utensils: One cutting board • large sharp knife • wooden mixing spoons • one 2 quart covered pot
One large covered pot • garlic press • measuring spoons and cups • can opener • rubber spatula
• large soup ladle • wooden stir spoon • stick blender

Lessons I Learned from Bereaved Grandparents

by Deb Bennett

As one grandfather said to me "the further you step back, the more you have to grieve for." Grieving grandparents have been identified as the forgotten grievers after the death of a grandchild. It is a challenging grief experience with unique issues and coping demands. A grandmother described that she felt that it was a double loss: not only was she grieving the loss of her grandchild, she was having great difficulty witnessing her child's pain. Feelings of helplessness and high self-expectations for remaining strong for their adult children can be a part of this grief experience. Often grandparents are supporting family members from two generations while grieving themselves. "It's hard but you stay strong so you can help your kids. I think you have to as a mother." One of the most difficult components of any child's death no matter what their age is dealing with the out-of-order nature of this loss, "children are supposed to outlive their parents, never mind the grandparents".

During my grief journey after the death of my son Ryan, I found myself concerned about my mother. She was an incredible source of support to me and had a very special relationship with her grandson. I was a single mother who returned to school, a goal I could not have accomplished without her support. As a result she spent many hours nurturing, caring for, playing and laughing with her grandson. Like my grief when Ryan died, hers defied words or comparison. I have gained a love and need for reading from my mother and after reading books on the bereaved parent experience and finding the stories of other parents helpful, I searched for books on the grandparent grief experience for my mother. At that time I was unable to find anything, my first lesson in how this grief experience is often unacknowledged. My need to learn from grandparents about their experiences began to grow.

Since that time I have talked to many grandparents who have shared stories of their beloved grandchildren, profound loss, meaning-making and hope. Becoming a grandparent is a cherished role and process, something that is longed for and enjoyed. Grandparents are often called upon to help out and support their children, something that is looked forward to and welcomed. Often there are expectations to continue or even increase this support after a grandchild's death. These can originate from family members, friends, the community and most of all the grandparents themselves. "It's very hard to even find time to grieve for yourself because you're so busy trying to keep everybody else going." The demands of simultaneously grieving and supporting are not often acknowledged. "You grieve for your grandchildren but you also grieve for your kids. You can see the hurt in their eyes and you can't take that away. When your kids hurt, you hurt."

Many secondary losses have been described to me by bereaved grandparents. For some it is the loss of the caregiver role and reason for retirement. For others it is the loss of play time, the fun they had with their grandchild, the unconditional love that accompanied their relationship. "The re-

lationship is so special; it is so different than when you have your own kids. You can spoil them." The family as everybody knew it changes. Plans, dreams and hopes for the future are also grieved. Significant dates and holidays trigger additional secondary losses. We do not often talk about these triggers; many are surprised by the unexpectedness and intensity. The stories of bereaved grandparents teach us lessons about these losses and how we can support each other as we grieve.

One of the lessons I learned is that grieving can occur for many reasons. Family breakups and illnesses can result in circumstances that trigger grief responses. Regardless of the type of loss, grieving grandparents often feel misunderstood and isolated. I also learned how grandparents have received support from their grieving children and the reciprocal nature of support. In addition to family support, the importance of talking with non-family members has been described to me. Many grieving grandparents do not want to further burden their children at such a difficult time. As a result grandparents can keep things to themselves and grieve in silence. "There are two ways of talking about this. The one you tell people about and the one you really want to talk about." Grandparents can be supported when we listen to their stories and are fully present, when they can talk without a need to edit because they are concerned that family members would be hurt. "Talking about it probably helped more than anything." Grandparents are able to support their family in the ways they want to when they have others supporting them.

Experiences of giving and receiving support, and being truly understood and listened to, offers hope and meaning making opportunities for bereaved grandparents. Through these experiences grandparents have described feeling stronger, having closer and stronger relationships with others, developing an appreciation for all the things life has to offer, and the realization that their grandchild will always be with them within their heart, memories and stories. "I think you are stronger and thankful that you have every day. I think I enjoy the family more." "You do appreciate everything and you look back on this. I'm thankful for everything, it doesn't matter how big or little it is, I appreciate it. Never take anything for granted. Take a day and make the best of it because we don't know what tomorrow brings."

One example of hope and meaning making can be seen at the Bereaved Families of Ontario organization. They have developed an eight-week support group for bereaved grandparents. Trained volunteer facilitators who are also bereaved grandparents support and guide group participants. Grandparents are able to share their story, grief responses and ideas for coping. "You don't feel like you're isolated, like it only happens to us." "It became our safe place."

Deb is an associate professor at Mount Royal University in Calgary. She is presenting a workshop at Johnson's Landing 250-366-4402 on
Coping with Grief and Loss: Growing and Transforming
August 8 to 10 - \$185 plus meals and accommodation.

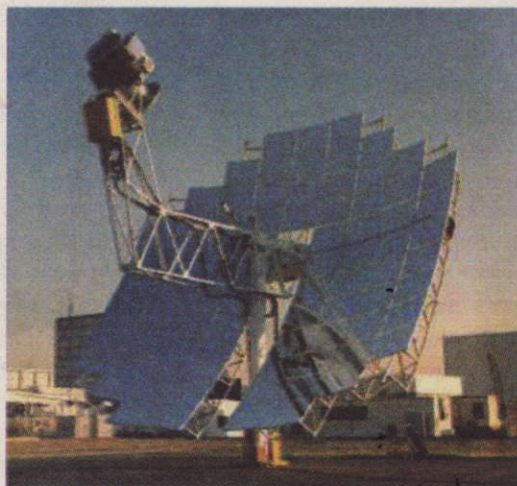
Concentrated Solar Power (CSP) and the Stirling Engine

by
Antony
Chauvet



While solar photovoltaic (PV) panels and CSP do not directly compete for resources – CSP requires direct sunlight, while solar PV can generate electricity under diffuse light, albeit less efficiently – their ideal locations do substantially overlap. More importantly, energy planners tend to see solar PV and CSP as interchangeable. Both renewable technologies harness the sun's energy to produce electricity and neither emits greenhouse gases nor has any fuel costs, and thus they often end up competing on a price basis. With the recent precipitous drop of PV panel prices, the capital costs of solar PV are lower than those of CSP. However, this discounts one of the most attractive elements of CSP: the potential for straightforward integration of cost-effective thermal storage.

CSP's thermal energy can be stored in molten salt tanks either through the addition of a separate thermal loop or by using molten salt directly as the transfer fluid. The addition of thermal storage to CSP removes any concern about variable generation – which is an issue for wind and solar PV. Because of the predictable nature of CSP with thermal storage, generating facilities can be relied upon as baseload power at night or during periods of



low solar radiation. While the addition of such storage increases costs, the benefits outweigh the costs.

CSP-Stirling is known to have the highest efficiency of all solar technologies, around 30% compared to solar PV approximately 15%, and is predicted to be able to produce the cheapest energy among all renewable energy sources in high scale production and

hot areas, semi-deserts etc. A dish Stirling system uses a large, reflective, parabolic dish (similar in shape to satellite television dish). It focuses all the sunlight that strikes the dish up onto a single point above the dish, where a receiver captures the heat and transforms it into a useful form. Typically the dish is coupled with a Stirling engine in a Dish-Stirling System, but also sometimes a steam engine is used. These create rotational kinetic energy that can be converted to electricity using an electric generator.

A Stirling engine is a heat engine operating by cyclic compression and expansion of air or other gas, the working fluid, at different temperature levels such that there is a net conversion of heat energy to mechanical work. Or more specifically, a closed-cycle regenerative heat engine with a permanently gaseous working fluid, where closed-cycle is defined as a thermodynamic system in which the working fluid is permanently contained within the system, and regenerative describes the use of a specific type of internal heat exchanger and thermal store, known as the regenerator. It is the inclusion of a regenerator that differentiates the Stirling engine from other closed cycle hot air engines. Originally conceived in 1816 as an industrial prime mover to rival the steam engine, its practical use was largely confined to low-power domestic applications for over a century.

The Stirling engine is noted for its high efficiency compared to steam engines, quiet operation, and the ease with which it can use almost any heat source. This compatibility with alternative and renewable energy sources has become increasingly significant as the price of conventional fuels rises, and also in light of concerns such as peak oil and climate change. This engine is currently exciting interest as the core component of micro Combined Heat and Power (CHP) units, in which it is more efficient and safer than a comparable steam engine.

**Your On-Line
Wellness
Community
Network
At Your
Finger-Tips!**

**See the
largest
workshop &
event
calendar!**

**Post Your
Wellness
Business &
Events for
FREE!**

**Join us -
2 weeks in
Ireland**

**Sacred Holiday
Tours in March
& September**

**OK
In Health**

www.OKInHealth.com

**Sign up online now for
your FREE eMagazine!**

Health & Wellness Information
100s of Workshops & Events
Fitness & Wellness Classes
Local Practitioners Directory
Recipes & Fabulous Contests
Fascinating Content
& More...

Maria Carr
Publisher
250.493.0106
info@OKInHealth.com

*Health
and
Healing
at Your
Finger Tips!*

*Get
Connected!*

www.OKInHealth.com

GMOs

by Thierry Vrain

GMO means Genetically Modified Organism. They are plants that have been modified to express a bacterial protein, injected in the plants, that is not killed by the herbicide RoundUp, so the plants can be sprayed and the weeds die but not the modified plants. The Biotech Industry is correct to say that we have been genetically modifying our crops for 10,000 years. What is not said however, is that there are consequences to this new technology to modify plants.

Shooting bacterial and viral genes in the plant chromosomes creates new proteins and some of them can be dysfunctional. This technology is appealing to farmers as it saves labor and money in weed management. But as predicted 20 years ago, the weeds have evolved to become resistant, so more sprays are now needed. So much so that the US Geological Survey has found that RoundUp has become a major pollutant of our drinking water and our food supply, at least in the USA. Wherever RoundUp does not work anymore, another herbicide has to be used. Now we have the next generation of engineered crops, modified to resist the herbicide 2,4-D, which was the major ingredient of Agent Orange, used to defoliate the jungle during the American War (as the Vietnamese people call it.)

The Biotech companies are relentlessly reassuring people that their crops are safe to the environment and that their food products are safe to eat. "Trillions of meals of engineered foods have been eaten by billions of people for so many years, and there has never been a single report of illness." Indeed, this is not the case. There are several epidemiological studies published in the last few years that confirm the toxicity of the herbicide in contaminated water and food. We know that people in North America are now eating on average about 200 lbs of engineered food ingredients every year, and we have published evidence that laboratory mice and rats on a RoundUp diet develop severe organ damage, and there is considerable anecdotal evidence that an increasing number of people are becoming celiac, diabetic or developing other illnesses.

The active ingredient of the RoundUp herbicide is called glyphosate. The molecule was created in 1964 to clean pipes of mineral deposit - called a descaling agent. A descaling agent is a chelator, a small molecule that can hold onto metal ions. Unfortunately this chelator effectively competes with protein enzymes in living cells and robs them of metal ions - many of them essential co-factors to a variety of enzymes. These chronic deficiencies take a few months to develop in mice and rats, it will take a few years for humans to weaken.

Glyphosate was re-discovered as a very broad spectrum herbicide in 1970. Since 1996 this molecule has become the best seller of all pesticides, being liberally sprayed on 500 million acres. It is sold as safe to humans because it allegedly only interferes with one protein of a certain metabolic pathway in plants. By replacing that protein with a bacterial version that is not affected by Glyphosate, engineered plants can be sprayed, because the protein is not affected.

Glyphosate was reinvented in 2010 as an antibiotic. This



pesticide is so widespread we are basically on an antibiotic diet with consequences for the human microbiome - read celiac and a host of other maladies. Statistics are available from the US Department of Agriculture and the Centre for Disease Control in Georgia and paint a grim picture.

My best advice is to "Think Global, Act Local." People need to know that they have power in their kitchen and dining room. Our elected leaders, if they don't want to read scientific reports, need to reflect on why 64 countries in the world today regulate or ban GMOs.

I came from France in 1971 to teach Plant Physiology at Université du Québec à Montréal. Six years later I graduated from North Carolina State University as a soil biologist, and worked as a Research Scientist for the Canadian Department of Agriculture for 30 years. In 1987 I started studying the DNA of my soil dwelling animals, and soon after that I started engineering plants to make them resistant to soil parasites. There was plenty of funding to do engineering research but I soon became disenchanted with academic capitalism. When I retired 12 years ago I was head of a government biotechnology program, adjunct Honorary Professor at two Universities, president and vice president of national and international bodies of science, and an associate editor of several scientific journal in Europe and the USA.

I left it all behind because I met an amazing woman and settled on a small piece of land just outside of Courtenay on Vancouver Island. My wife chairs a Botanical Medicine Department at a Naturopathic School, and has a private clinic. We are recreating our property as a Botanical Garden, a place to reconnect with nature, and have called it Innisfree Farm. We grow food, medicinal plants and teach biophilia, the love of life, our connection and interdependence with all living creatures.

We have a fixation on health, food and social justice, so I travel the country and speak publicly about published scientific studies that conclude that engineered grains with residues of RoundUp herbicide create serious health damage to lab animals. Someone must raise the alarm.

The Directory

ACUPUNCTURE

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

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

JENNIFER STRONG, DTCM, DAC, MAC&OM, RAC
Laser Therapy, Scenar, Reiki, Yoga, Chi Gong
Skilled, Compassionate Care since 1996
www.AcupuncturePenticton.com • 250-328-3811

ASTROLOGER

CAROLE DAVIS • Vedic Astrologer
Career, finances, relationships health, past,
present, future. Consultations
call: 250-309-2736 email: caroledavis@shaw.ca
www.CaroleDavisAstrology.com

ART THERAPY

Wind in the Willow Studio: Cindi Tomochko
Certified Art Therapist & Dru Yoga Instructor
Penticton: 276.5308 • cinditomochko@gmail.com

AYURVEDA

www.ayurvedakelowna.com • The master
science of life • Kelowna • Su: 250-861-4349

BIOFEEDBACK

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

BODYWORK

KAMLOOPS

THAI MASSAGE/YOGA - www.thaitouch.ca

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

KOOTENAYS

THAI MASSAGE/YOGA - TYSON: 250-226-6826

KELOWNA & PENTICTON

KIMBERLY ROSE CAMERON - Deep Tissue,
Hot Stone and Muscle Realignment Massage,
Usui Reiki Master & Teacher. 250-462-5185.

BOOKS

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

DARE TO DREAM - Kelowna: 712-9295
#33 2070 Harvey Ave. Lots of jewellery!

BOWTECH THERAPY

Practitioner/Instructor of BTAA • **Tammy Podridske**
Interested in a gentle but effective therapy.
Acclaimed as the most exciting healing
modality in the world.
Email • tpodridske@hotmail.com
or call 1-888-539-1309 for more info
or to host a class in AB or BC area.

BOWEN THERAPY

CANADIAN BOWENWORK SCHOOL
Professional training in Bowen Therapy.
Visit: www.canadianbowenworkschool.com

BUSINESS OPPORTUNITY

CREATE A NEW CAREER & WAY OF LIFE.
Pacific Institute of Reflexology Natural Healing
School and Clinic has franchises available.
www.pacificreflexology.com • (800) 688-9748

COLON THERAPISTS

Prince George: www.stronghealth.ca Cherie

Nelson: devinehealth.ca 352-6419 Ulla Devine

West Kelowna: 250 768-1141 Nathalie Begin
check out www.nutrition4life.ca

CRANIOSACRAL THERAPY

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

CRYSTALS

THE CRYSTAL MAN WHOLESALE LTD
Theodore & Lee Bromley. Amazing selection
of crystals & jewellery. Retail Gallery in Ashton
Creek 250-838-7686 • www.thecrystalman.com

MYSTIC CREATIONS IMPORTS:

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

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

DENTISTRY

Dr. Hugh M. Thomson374-5902
811 Seymour Street, Kamloops
Wellness Centered Dentistry

Daan Kuiper # 201-402 Baker St, Nelson
352-5012. General Practitioner offering
services including composite fillings, gold
restorations, crowns, bridges, periodontal
care and amalgam removal protocol.
Accepting new patients

ENERGY WORK

ACCESS CONSCIOUSNESS • 250 819-9041
Kamloops • cathylidster@gmail.com

EMOTION CODE

(Releasing emotional baggage and more)
Metatronia Therapy and Reiki • In person, by
Skype or Phone • Complimentary Consultations
Also Reflexology, CranioSacral Therapy.
250-866 5677 • www.kveta-healing.com

HYPNOTHERAPY, Energy Healing, Reflexology
Home/Business/Property Clearing. Vernon, BC
250-307-4784 • down2earthhealing.com

PRANIC HEALING and COUNSELLING

Heal life patterns, remove traumas, anxiety and
depression. Distant healing, Skype or in person.
Brenda 604-738-7957 www.brendabarton.com

RECONNECTIVE ENERGY HEALING

Distance or in-person sessions. Darcy
250-505-9778 • www.dynamicreconnection.com

FAMILY CONSTELLATION

LIFE SHIFT SEMINARS with Harreson and
Blanche Tanner, over 25 years experience Breath
Integration, Family Constellation Work, 7 day
Intensives, workshops and private sessions.
(250)227-6877 • www.lifeshiftseminars.com

FELDENKRAIS

Brain Body Solutions. Expand awareness.
Enhance mobility. Reduce stress.

Kamloops • 250-819-9041 • Cathy
cathylidster@gmail.com

Verdell Jessup • www.verdelljessup.com
Kamloops • 260 4th Ave • 250 571-4350

Kelowna • 250-862-8489 • Sandra
www.sandrabradshaw.com

Lumby • 250-503-6830 • Carie Bicchieri

Oliver • 250-498-4855 lynn@selfsense.ca • Lynn

Salmon Arm • 250-517-8672 • Marie-Paule

Summerland/Penticton • Ron Nissim
250-494-3413 • www.newstepforward.com

Winlaw • 250-226-6826 • tyson@thaitouch.ca

HEALTHY PRODUCTS

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

HEALTH FOOD STORES

Nelson

Kootenay Co-op - 295 Baker St. 354-4077
Organic Produce, Grocery, Bulk, Fresh Deli Foods, Wellness & Beauty Products. Friendly Knowledgeable Staff. Non-members welcome!
Open 7 days a week.
www.kootenay.coop

Kamloops

Healthylife Nutrition ... 250 828-6680
440 Victoria St. Your #1 location for organic bulk herbs, spices, grains and flours as well as quality supplements.

Penticton

Whole Foods Market ... 493-2855
1770 Main St. - Open 7 days a week
Natural foods & vitamins, organic produce, bulk foods, health foods, personal care, books, herbs & food supplements. Featuring fresh organic & all natural meat. Fresh, Hot, Roasted Organic Chicken available daily • www.wfm.ca

HERBAL PRODUCTS

HERBALIFE Indep. distributor Maggy Rippel
250-317-4301 • www.mrippel.wix.com/herb

HOMEOPATHY

KATHARINA RIEDENER, DHom,
Osoyoos • www.homeokat.com • 250 485-8333

NATUROPATHIC DOCTORS

Penticton

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

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

Dr. Jese Wiens, B.Sc. N.D.
Penticton: 778-476-6016
Summerland: 250-494-3321
www.doctorwiens.com • Nutrition,
Herbs, Acupuncture, Bowen therapy

PROBIOTICS

CHRISAL PROBIOTIC CLEANERS

use beneficial bacteria to exclude harmful micro organisms. Effective for Ecoli, MRSA, and more. See www.chrisal.ca for details. Non-toxic. Biodegradable. Penticton Whole Foods Market, Simply Delicious - Vernon, GrassRoots Health Hut - Armstrong, First Choice Health Foods - Osoyoos.

PSYCHIC / INTUITIVES

QUANTUM COUNSELING/Quantum Healing
Quick relief from suffering, anxiety, stress.
www.intutiveinsights.ca • 778.478.4014

HEATHER ZAIS (C.R.) PSYCHIC
Astrologer — Kelowna ... 250 861-6774

INNER VOICE ENTERPRISES • 250 448-6709
Psychic • www.earnath.com • Kelowna, BC

Phone Reading Diane \$60 for hr. 250 375-2002

MEDIUM - SPIRITUAL COUNSELLING
Shelley-Winfield: 766-5489 - **phone consultations**
I read photos and bring clarity to your pathway

SHARON TAPHORN 250-303-0796
Private Sessions, Spiritual Guidance & Life Lessons • www.playingwiththeuniverse.com

KERRY PALFRAMAN - RN offers a unique intuitive, healing & mentoring modality based on scanning the energy signature of your divine blueprint. www.indigowidsom.ca

TEA, Tarot & Intuitive, Angel Readings
Holly 250-581-0173 • hw123.w@gmail.com
Readings over the phone • Spiritual Healing

TAROT & ANGEL READINGS ♥ KELOWNA
778.484.0877 • divinetimereadings.com

REFLEXOLOGY

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

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

THERESE LaFORGE • Kamloops 778-471-5598

Pacific Institute of Reflexology
Basic and Advanced Certificate Courses \$395
Instructional DVD - \$22.95 • Charts
Wonderful Franchise Opportunities.
1-800-688-9748 • www.pacificreflexology.com

REIKI

AngelZenReiki.com - Val O'Brien
CRA Teacher 250-488-2439
*Reiki Courses *Reiki-Kids *Reiki Sessions

Rhonda's Reiki Wellness • Penticton 778-476-2509
Classes, treatments, angel guidance, cards.

TRIBAL REIKI • Randy Sidebottom
Mind, Body & Spirit • 250 215-7597 Kelowna

RETREATS

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

JOHNSON'S LANDING RETREAT CENTER
www.JohnsonsLandingRetreat.bc.ca
Over 20 workshops each season!
We accept volunteers • 1-877-366-4402

SOMATIC EXPERIENCING or Trauma Resolution

VERDELL JESSUP • www.verdelljessup.com
260-4th Ave, Kamloops • Phone: 250 571-4350

SCHOOLS & TRAINING

ACCESS CONSCIOUSNESS™ CLASSES
No Agenda...No Deception...No Manipulation.
Just be REAL! Call Jill Daniels 604-619-8907
www.jilldaniels.accessconsciousness.com

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

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

SHAMANISM

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

YUEN THERAPY

THERESE LaFORGE • Kamloops 778 471-5598

On Transformation, Horses, and Meditation by Tanesa Kiso

I woke up gasping from a nightmare of my ethereal umbilical cord attached to all the techno gadgets of the world. My creativity, my life force was slowly being sucked from me. It was enough to make me run outside and do a round of barefoot sun salutations, embracing the earth and reaching up to the sun and stars to re-establish my connection with nature.



Having spent many years pulled into the world of technology, it was time to break free from its addictive hold. My husband, myself, and our fourteen-year-old daughter decided it was time for some much needed changes in our lives. We sold our home of twenty-plus years and planned to take a year of so of living more intentionally, letting go of our structured lives, becoming comfortable with change and growth before rerooting in a new community. Ahead of us we had an intense month of sorting through all our material possessions - deciding what to sell, give away, put into storage.

Like so many before us we have woken up to the realization that the world has dramatically changed. The security of the past is no longer there for us in the same way that it may have been for the previous generation. Having not a clue of where we were going to be at the end of the month, it was a scary and unsettling time, not just for ourselves, but for the community we had belonged to for so long. Some friends and family were encouraging and looked on with tinges of envy at our impending adventure, others expressing horror and fear at this seemingly crazy move.

For me it was like being on the bank of a river; you're happy, safe and dry and yet you know that soon you're going to, no matter what, jump into that cold, wet, water. Yet you're driven to, knowing that it'll be exhilarating, rejuvenating and inspiring as you learn to navigate through the currents of change.

It's the pre-jump moment that's the most stressful. I needed help and it came to me in the form of a herd of horses and a gifted facilitator in Fort Langley, B.C. I had heard of the role of horses in therapeutic healing for adults and children with behavioural and physical disabilities but this was different. Equine personal development therapy uses the natural gifts of horses in a special way. Horses, being animals of prey are extremely sensitive to their environments and are able to reflect and tune into nonverbal communication. They're the empathes of the natural world - able to help us psychologically, emotionally and spiritually. My aim was two-fold: to see if I could learn to become more comfortable around horses, and to gather insight into how best to move forward into the chaos of the coming year.

The following is the guidance I received from each of my four horse coaches which continues to deepen and evolve as I implement it in my day to day life.

Romeo is a handsome large paint gelding with a big per-

sonality that loves attention and has a tendency to hold court. Going into that place of deep listening his advice came loud and clear - embrace making new friends, it's fun and exciting. People come and go, so love and play with them every chance you get. Lighten up and remember, that it's important to look good, to put your best foot forward.

Cassi, is a loving, sensitive paint mare, soulfully deep, with soft brown eyes. By the third visit we're fast friends. I was filled with love and delight when she welcomed my touch. Her advice was to take the time to renew and nurture myself and my relationships through touch. A great way to maintain harmony in the family as we move into this challenging year.

The farm is Rayne's retirement home. She grew up working hard on a farm in the Northern Interior, before relocating to the Lower Mainland. A beautiful regal quarter horse, her words of wisdom to me are that it's okay to disappear for a while. Not only okay, but absolutely necessary, every single day. Be still. Be quiet. Appreciate. Find the time to meditate daily, and whenever possible under a tree.

Ah, Cricket. My secret, no nonsense favourite. The lead mare of the herd. An expressive, splendidly pure black horse. The intelligence she shared with me was: Eat. Stay strong. Soft eyes. Cherish yourself. Trust in your natural abilities... be patient. An expansion on this was a quote from Lao Tzu, "have the patience to remain unmoving until the mud settles." Spend time earthing - get down on the ground in order to ground. We walk together for a while and when it's time to break away from the herd, it's okay to run, kick up our heels at the past, break free. Sometimes we need to kick back in order to move forward. Be sensitive to the environment.

As we move through 2014, the **Year of the Horse**, we have a great deal of work to do in righting the wrongs of the world. We can learn to meditate, expand our consciousness to include valuable insights from our non-verbal coaches. When we realize that the material world's problems seem beyond our physical ability to solve, when the insanity of the outer world is beyond our comprehension, when we are at our wits' ends as to what we can do in the form of solutions, when we know that we can't give in to despair, or when we're bored and tired of distracting ourselves with gadgets or mind/body-altering substances, we have the option of taking refuge in nature and meditation. We can withdraw and, in doing so, give ourselves time to shift. Breathe. As though the whole world depends upon our mindfulness.

Tanesa Kiso is a yoga and meditation teacher. Currently, she's with her family on an extended trip across the US and Canada - camping, visiting friends, family, and house or farm sitting. One of their aims is to discover pockets of new growth as well as how others are dealing with the dramatic changes the world is undergoing.

Tanesa can be reached at: tanesak@gmail.com