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# Are you a Highly Sensitive Person?

by Brenda Barton

I was fortunate to discover my life purpose as a young adult which led me to do clinical counseling for over twenty years. When I was a new counseling practitioner a quote that caught my attention was, "The art of an effective counselor is to gently guide the client back to themselves." I still live by this truth. For the past decade I mastered and utilized effective non-touch Pranic Healing to assist my counseling clients to be more balanced on all levels.

My passion is to help people free themselves from difficult experiences that stop them from living an enriched life. Once free they can actually look forward to every new day connected to their true meaning and purpose. I am thrilled when people recognize their potential, their greatness. Seeing people "wake up" to who they really are is my greatest joy.

I am excited to teach the course for Highly Sensitive people. I observe many sensitives, indigos, rainbows, crystals and intuitives struggling to "be" in the world and live a "regular" life. I also see Highly Sensitive practitioners "take on" their clients' concerns energetically. Practitioners need to understand what clients are going through from a caring sensitive point of view. If they do not know how to manage transfer of problematic energy, then stress and burn out results.

Imagine if you could easily decipher what is in your energy and what is not. Learn to know how to avoid absorbing negative thoughts or feelings of others yet remain highly sensitive and clear.

I am a Highly Sensitive Person. What my highly sensitive co-facilitator Marilee Goheen and I are teaching are invaluable life skills to assist all sensitive persons, layperson or practitioner, young or old, to thrive in our energy-rich world. Being a Highly Sensitive Person is a "gift," we only need to learn how to make it work for us! *see ad to right*



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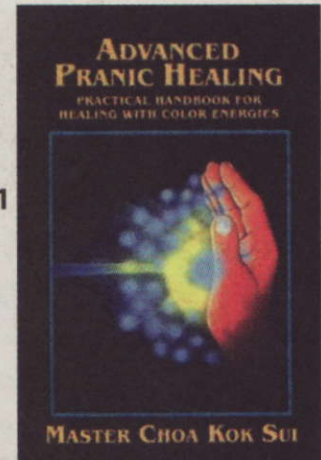
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## Musing

with *Angèle*, the publisher



The cover photo features the 20th annual Garlic Festival held in New Denver every September. If you noticed the Johnson's Landing Retreat Center banner over one of the booths, it was because we were there selling garlic. We are certified Kootenay Mountain Grown, having joined a group of farmers who use organic farming methods.

We are now preparing for winter, so I am layering the garden with cardboard and straw to suppress the weeds and provide food for my earthworms. I have to smile at myself and my angels at the amount of time it takes to do this. Working in the garden sure has increased my appreciation for the culture and ecology of our soil and the creatures that make life possible for us humans.

When I lived in Penticton, I composted all the carrot pulp from The Juicy Carrot restaurant as I have always recycled. A lady friend who was more into gardening than me at the time brought over a bucket full of earthworms to quicken the process. When I moved to Johnson's Landing, the first thing Richard did was transport a trailer full of this carrot pulp loaded with earthworms that we put in the upper garden. A year later, I got to see first-hand the good work they did aerating the gravel-like soil.

Then the World of Worm Castings in Kelowna decided to advertise in *Issues*. The owner taught me the basics that she had given in many school-aged children's tours. Then, five years ago, a man came to the Retreat Center and offered me some of his worms, about the same time we had a volunteer already practicing vermi-composting, so I decided to 'give it a try'. He got the bin ready so that when I returned home from distribution with a bucketful of red wigglers, my worms had a place to live. I had found a book at the second-hand store called *Worms Eat My Garbage* by Mary Appelhof, a soil scientist from Kalamazoo, MI. Even Pete Seeger had something to say about the benefits of worms on the back cover of Mary's book. Well ... one thing does lead to another, and today I have worm bins on display and love talking to anyone who is interested. In October, I will move them into the basement for the winter.

Black Press, the company that prints *Issues*, gives me as much shredded paper as I can take home. The ends are cut off when *Issues* is stapled and make a good bed for the worms that they will eat if there are not enough food scraps. The tricky part is figuring out how much water is needed to wet the paper. Did you know that worms breathe through their skin, which is why after a rain they crawl out of the ground and on to the roads and sidewalks? If they didn't, they would drown. I guess a lot of kids already know this.

Back to the bigger picture and the time it takes to pick up cardboard in Kaslo: I do this because I empty my worm bins in the garden twice a year and red wigglers are not as adaptable as real earthworms, who burrow deeper to find food and stay warm. Once the cardboard turns to mush, it will make excellent baby food for worms. Did you know that after they mate, the light-colored part of the skin rolls off the short end of each worm and forms an egg that hatches in about three weeks? Inside this jelly-like egg are 3-4 tiny worms that will chew their way out.

Worms make the soil nutrient-dense. The sticky residue they leave in the soil provides the perfect catalyst so minerals can be absorbed by the plants. Growing food organically includes providing lots of raw material as food for the worms to make compost on location. They easily multiply given the right conditions.

Food scientists are now proving that 'normal' veggies have less mineral content than 40 years ago. Chemical fertilizers and modern agricultural methods

*continues on page 6*



# STEPS ALONG THE PATH

## DANCE CAMP

For years I have heard about a Dance Camp that took place at a primitive scout camp in the Kootenay area of B.C., called Camp Koolaree. I have always enjoyed Sacred Circle Dances which we have hosted at the Retreat Center. I had several reasons to attend, I wanted to see if we could host a similar event at our Retreat Center... and prepare to host the Dance Camp just in case Camp Koolaree was no longer available. Another good reason was that I just wanted to get out of my everyday routine and dance and sing with a group of like minded people. So I sent my application and registration fee off in the mail.

There are only a limited number of spaces available at this camp as the dance space and the cooking facilities can only handle a certain amount of folks. I was very happy when I received an e-mail back a short time later informing me that I was accepted.

The Camp was scheduled for the first weekend in September and before I knew it, it was time to go. I had decided that I would be totally open to what happens and go with the flow. I packed my old tent, sleeping gear, and clothes into a backpack and on a small luggage dollie and set off on an adventure.

Camp Koolaree is across the West Arm of Kootenay Lake in a location only accessible by boat so everyone that attends parks their vehicles on the north shore and waits on the dock for one of the boats to arrive. My timing was perfect. I got to the dock just as one of the boats were leaving. The word 'rustic' definitely defines Camp Koolaree. This is not to say that there was not a certain charm about the place. Apparently the camp has been around for about seventy-five years and thousands of children and adults have had wonderful and memorable times there.

There were lots of friendly faces, some of which I knew. I signed up for some duties as each participant was asked to volunteer for three activities during the Camp. All meals opened with a group song. After a delicious dinner we each washed our own dishes then headed to the dance hall in an old classic log cabin with a rough wooden floor. Now the magic began. Here we were, sixty people singing together in amazing harmony lead by dance teachers that lovingly taught us the steps with unlimited patience. We would hold hands and move in circles around the musicians who were grouped together in the middle of the circle. As the dances progressed the feeling of connectedness to all things increased. I began to be swept by waves of emotion, tears filled my eyes and a feeling of euphoria filled my being. It is truly magical when one feels a connection with the divine and the heart opens.

The dances happened in three-hour time slots, twice a day for all four days. Between dance times I lovingly swept the dance floor as my volunteer duty and attended a gender group (men's or women's group). There was lots of time to journal, nap, swim, canoe, meditate or just socialize. Sunday evening was a talent show and it was really a lot of fun. There sure are a lot of talented folks in the world!

Four days of camp were just about the right amount of time. The feeling connection was deep and solid. On the Monday we each packed our gear and said our farewells and headed back down to the dock to cross the lake back to the North Shore and back to our other existence. I was so filled with love and joy that when I went to a grocery store in Nelson I found myself dancing in the aisles to the music on the P.A. system. I recommend it to anyone wishing to deepen their heart connection.

The Retreat Center will be looking to host an early Summer version of the Dance Camp, and if you decide to experience the September Dance Camp I will probably see you there.... just another dance step along the path of life



Namaste *Richard*

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do not nourish the soil as much, such that the larger veggies they produce are often empty of the minerals and vitamins needed for our bodies to be healthy. Earthworms improve the soil for years to come, producing higher crop yields at less cost.

I am also learning about bees, which adds yet another dimension to my understanding of the web of life. I am sure you all know that bees collect nectar and pollen to make baby bees, but they also need a certain temperature in the hive to thrive. Each bee instinctively knows how to fan the hive so the temperature remains constant. To me, the bees are like the canaries in the coal mine. I feel good that the public is keeping a careful watch on bee populations. I like it that many schools have nature days, educating kids about bees and worms.

It is important that we not spend money supporting chemical companies. I also suggest you tell your politician that you want the Canadian government to join the European Union in banning the use of neonicotinoids in pesticides and fungicides. There are just so many issues on the table that are important for life as we know it.

This summer, I took ten days off from farming and drove to Terrace for a family get-together and wedding. It was great to visit my brother's family, and my four grand-children got to see where their parents were born. I like road trips for I get time to listen to audio tapes. This time, I choose *The Enneagram*, an ancient teaching tool used by the Catholic clergy. Author Helen Palmer names the nine tendencies of human beings and the preferences whereby each type prefers to live life, including how they react under stress or calm conditions. First, she describes our basic proposition in life and then she describes 'what we tell ourselves as truth,' suggesting a practice so we can mature into our personality type. She says life is a journey to know one's self and observe how we make decisions. Helen has renamed the types so that we can relate more easily. They are the Perfectionist, the Giver, the Performer, the Tragic Romantic, the Observer, the Loyal Skeptic, the Epicure, the Protector and the Mediator.

I discovered I am a seven, or Epicure, which is defined as someone who loves life and its many adventures. Sevens often choose multiple occupations and our lesson is to limit the number of commitments we take on so we don't wear ourselves out. A mature seven completes the projects they start. Helen's website has a short video of each type, which is interesting to watch.

I do enjoy way too many things and often find myself distracted or over-extended. These days, I want to do less and still have the Retreat Center function. I also like putting *Issues* together and hope the Naramata Centre settles their labour dispute so that I can plan for the 2015 Spring Festival of Awareness.

Once Richard knew the Wise Women's Festival was cancelled in Naramata this fall, he suggested we host a smaller Women's Festival at Johnson's Landing rather than cancel it totally. There was a long to-do list that could not be completed on time so we didn't follow through, but it gave us ideas for next year. This winter, we will plan a few festivals for next summer. Details in the next *Issues*. Richard and I continue to search for the right people who have the skills and desire to take over the Retreat Center, so please spread the word.

Angele  

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# We Have Come Full Circle

by Agnes Toews-Andrews

For some time now there has been a driving force within me to explore uncharted territory. I am learning to be at home in the question mark, to pick up the staff of galactic empowerment and discover truth.

It is an exciting time, for according to the Mayans it is a brand new 26,000 year cycle! As I contemplate the many journeys I have taken, there is much knowing and a wealth of information gleaned that I feel a duty to share.

During the past 27 years I have received confirmation and authentication of many things paranormal, which means alongside the normal. Verification of the truth that the Goddess is Source and God has use of the Source; that we are timeless and reincarnation exists; that there are nature spirits surrounding us willing to help cleanse the Earth and create balance through conscious vortices of energy. The devas are willing to facilitate co-creation via gardening with us. This will create balance and greater harmony and a vibration in our food that is for personal healing. I have discovered that unresolved past lives can hold us back from evolving and am assured that we are galactic beings with souls created from the Goddess vibration, inclusive of help available from our galactic friends.

The Goddess is preconsciousness; and all that exists comes from Her. I sing a love song to Her every day, to usher in an age of peace, sisterhood and brotherhood; a coming together of different philosophies, religions and races under Her auspices. Our separation lies in belief and consciousness. When we let go of our beliefs, we regain consciousness.

I encourage everyone to continue to align with the light and to raise their vibration through awakening the brain. When we awaken the brain we also raise our consciousness. How do we physically awaken the brain after we let go of beliefs? By increasing our intake of greens, minerals and salts.

The potential for evolution and growth is enormous. Thoughts and feelings of a lower nature will be replaced by those of a higher nature. N LA'AKECH means "We are all the same," I recently met a Mayan teacher, AcTah, a Quantum Alchemist who was teaching a Techno/Spiritual workshop on Salt Spring Island. During the workshop I realized that our current human potential must be raised in the physical body through physical ways and means.

Researching the Goddess in 2004, I found the most profound, insightful feeling of Her to be near lakes, oceans and springs. Countless times I have driven to picturesque Kootenay or Slocan Lake in the West Kootenays to be in Her presence. I feel her in the Slocan River in the bends of the river and Her water pools. It was there that I felt Her amazing powerful

*continues on page 10*



# Start your Day in a Sacred Way

by Sharon Taphorn

Too often people are in such a hurry to go from one point to another they pay no attention to the wonder and beauty that surrounds them. When one walks with intention and awareness one begins to see a different world. If you are able to begin your day in a sacred way, you will find that your outlook changes as will your experiences with others.

Consciously thinking about one's own footsteps can have an energizing and revitalizing effect on our soul. It can assist in expanding our senses as we learn to recognize the plants, animals, birds and trees. Preferably take your walk in the morning, in the forest, shoreline or park as this offers clean air to rejuvenate your cells. Walk for at least 10 minutes.

Sense the feelings in your feet as each step touches the ground. Close your eyes and listen to the sounds all around you. What do you hear? What do you feel? If you can walk barefoot upon the earth so much the better. Allow for these sensations to permeate your entire being.

A walking meditation helps to keep thoughts and feelings in perspective. It alleviates stress and maintains an inner balance which then affects those you touch during the day.

Say a prayer connecting your heart to the love of the Creator. An example would be, "Let the beauty and wonder of the world rejuvenate my being as I walk with intention on this earth. I am sharing my light and healing with all that is."

As you take each step, feel the energy of the earth. Ask yourself how this feels. Notice if any messages connect with your mind. Be open to the experience, even if it feels strange. Release those thoughts and feelings too.

As you continue your walk and your assessment of the world around you, consciously connect to the energy of trees. Trees are connected to the earth through its roots and keeps us alive through its process of life. Connect with your heart and allow yourself to receive this gift of life. Better yet give the tree a hug and thank it for this experience, it helps feel how love grows.

Then for a moment be very still. Tune into something else in your environment, the birds, the bees, a butterfly, a puppy dog, a deer, whatever is available that is alive with life force and just be in that moment for a time. Feel the love, feel the sunlight, feel the rain, feel the sensations that experience offers and be grateful for feeling energy.

Give thanks for the experience. Offering gratitude is a sacred act and honours the experience. You can't always choose what is going on around you, but you can always choose how you stand in that space. It is good to surround yourself in the energy of peace, balance and love.

Sharon Taphorn, Author of *Angels, Guides, and other Realms* and *Angel Guidance-Messages of Love and Healing*, shares her spirit around the world through her daily angel wisdom.

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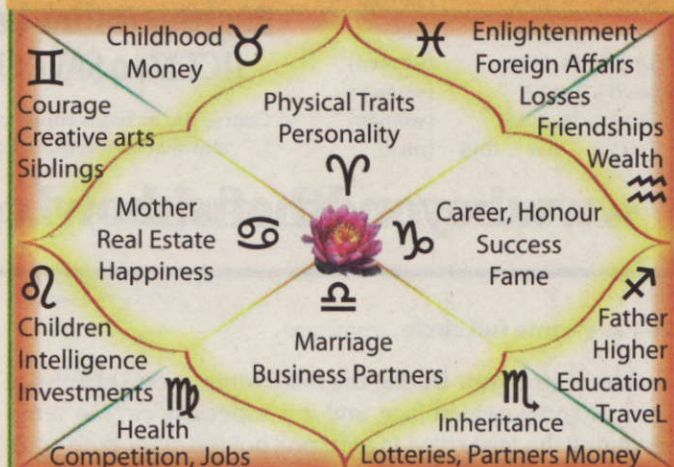
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### We have come full circle ...continued

vortices of strength. During the mild, winter storm at Solstice I felt her snow-swirled face, and it is especially easy to sense her during the misty days in autumn's golden glory. With gratitude I honour Her.

Recently She said that this experience of a patriarchal society is complete, fabulous changes are imminent. I discovered in 1996 that an era like we have not known before will manifest in the next 50 years. Since the galactic alignment of December 22, 2012, Earth's magnetism has decreased and the hole in the ozone layer surrounding Earth has widened. This shift will shape a new reality on this planet, to 'lighten' humanity. We have entered an exciting time as a new wave of energy is passing through our galaxy altering everything it touches.

Are you receiving more insights or having more frequent telepathic experiences? Are you feeling you have less time and more to do? This new wave of energy coming from the Goddess to the galactic center is changing the nature of time. My meditations are now freer of disturbances, deeper, and yet

I am also sensing that everything is occurring at once. We are connected to the violence and to busy minds whose thought forms are flowing into the collective consciousness or group soul, as they always have, only now I am sensing them more. Our thoughts are continuously creating our reality.

It is exciting to know that we are once again merging into feminine form. The old paradigms are breaking down and the Goddess encourages us to know ourselves first as an essence of divinity and then as a player in this huge dream called life. She encourages each and every one to go within and celebrate the magnificent and various manifestations of Her life-force energy, especially water, real water with minerals in it. Water refines and purifies us as clear channels.

The return to the Goddess will manifest gifts of love and caring for planet Earth and will reinstate a culture where all is held sacred as we learn to live in tune with nature. I welcome this golden age that is emerging from its chrysalis, unfolding like a beautiful butterfly. It will be a feeling time for everyone, both male and female. *check out...[www.isismoonpublishing.com](http://www.isismoonpublishing.com)*



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# Multidimensional Realities

by Marilee Goheen

Since I was a young child I was aware of mystical and magical realms. I thought it normal and everyone perceived these many layers of reality. It is only when I became an adult I realized this was unusual and my awareness was more expansive than most other people's.

For me multidimensional realities coexist harmoniously, often seamlessly. I have been privileged to train people to shift from alpha, beta, theta and delta brain states. There are those who learn to experience then hold more than one state of awareness simultaneously; healing, mindfulness and meditation are examples.

I am happy to return to teach miracles. I agreed to return [after over 10 years away] for a short while to train ones who desire to become licensed practitioners or teachers. I found this effective modality when living as a healer in the Philippine mountains. The method I teach is non-touch and works exclusively in the auric field, which speeds healing in plants, humans and animals. This training was a great gift for me. Even if at the end of the training I would not have been able to facilitate healing I would still have wanted to learn, because through rigorous training I was able to access both my rational and intuitive mind methodically, alternatively and eventually simultaneously. That training alone was and is priceless.

Right now there are many types of energy healing "out there," a big smorgasbord which can make it confusing for people. I found one I could trust. It is reproducible with scientific studies to prove its effectiveness, worldwide. For decades I taught advanced psychotherapy healing to counselors, allopathic doctors, psychiatrists, herbalists, massage therapists, lay people, social workers, teachers, oriental medicine doctors, nurses, ministers, nuns, psychologists, reiki masters, parents, therapeutic touch therapists, priests, intuitives, students, mental workers as well as first nation leaders and healers.

I was encouraged by their candid feedback that it negated none of their specific disciplines, rather it added to their understanding of the human electromagnetic system reporting it provided a breakthrough level of knowledge. Suddenly new clarity became apparent concerning psychological, emotional, spiritual and mental bodies. They learned how the human energy system interacts with human physical anatomy gaining new understanding of psychological imbalance within the aura. I taught many who want to learn these skills and abilities simply to help their family or community. I trained many chronic or seriously ill people [and/or family members] who then benefited from themselves learning self healing.

Since the mid 1990s I have worked in crisis, youth, holistic health, residential pain and pranic healing clinics. I have



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taught crisis workers, hospice staff, professionals and qualified advanced healers and teachers. In private practice I work gently with individuals to find wholeness, wellness and their best self.

I was surprised this August when my unpublished book was "picked up" by a producer and director at a film festival. I am now studying screen writing to assist progression to film; its genre is magical realism.

I live in Kelowna with my husband, and remain an optimist, an outdoor enthusiast intrigued by miracles and often by the mystical dimensions of life. *see on page 3*





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# FORM AND FUNCTION

by Wayne Still

In the fall of 1970 the great love of my life, Kathleen, joined me in Istanbul, Turkey. We were on our way to India and the adventures that lay in store for us. We spent our days in Istanbul wandering the streets, exploring the museums and markets of that ancient city. One day we came upon a group of old men who were hanging around a large building. What made this group of old men remarkable was that they were all permanently bent forward at the waist at about a sixty-degree angle, their backs were flat. The mystery of why this should be so was solved when one of them emerged from the building carrying a long wooden box of lead printing slugs used when type was set by hand. Evidently the building was a foundry where the slugs were made and the men were couriers who delivered them. The form of their bodies had been permanently altered to accommodate their function of carrying the heavy weight of the boxes. One can only imagine the pain they must have experienced in their permanent fight with gravity. This was an extreme example of form being altered for the sake of function but lesser examples abound in our culture.

The form our bodies have at this time is that of a hunter-gatherer. It is optimized for running long distances to hunt for game and gather food stuffs. It can also carry heavy loads back to the family camp site. It is a form not well suited to what has become a sedentary life style. Interestingly enough there are those who are actively using the body's capacity to run long distances and participate in other endurance activities. Only now they do it for sport rather than survival. Usually their form is more akin to that of our hunter-gatherer ancestors than those who do not exercise. The epidemic of obesity which plagues our culture is an example of how function can be negatively affected by form. The obese body would not do well running down game as our forebears did. Body form being altered by an amputation is another example of how form and function are connected.

Dr. Ida P Rolf observed that when we look at the human body we are seeing the relationship between flexors and extensors, the two muscle groups which work together in a reciprocal fashion to create movement. In turn these muscle groups are composed of fascia which is one form of connective tissue, the organ of form, of which our bodies are made. Connective tissue is plastic in nature and has a memory akin to that of an elastic band, so once its form has been determined it will always return to that form.

It is a curious thing that the body will stubbornly continue to return to a dysfunctional form and negatively-affected function even when it is obviously not in its best interests to do so. Why this should be so has no easy answer but it does create a dynamic which makes work for bodyworkers like me.

There is one other constant in the world besides death and taxes and that is that when connective tissue is stressed it gets shorter to support itself. Even when the stressor is gone the tissue stays short, its form has been altered. This often leads to discomfort in the function related to the area so affected. What a bodyworker does is to restore length to the tissue so that its function can return to normal. Essentially we are giving the tissue a new memory. So when you find your function being impaired, don't hesitate to see a bodyworker to restore your form.



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# IT'S NEVER TOO LATE to REALIZE A DREAM!

by Florence Rita Rickards

*"The greatest achievement was at first and for a time a dream. The oak sleeps in the acorn; the bird waits in the egg; and in the highest vision of the soul, a walking angel stirs. Dreams are the seedlings of realities." -- James Allen*

I have devoted over 30 years of my life to assisting thousands of people and organizations to create a vision, achieve their goals and create a richer, more fulfilling life! My purpose in life is to help people become all they are meant to be!

The coaching programs I offer provide an opportunity to discover the dreams of your own heart. Things you may have never thought were possible, whether it is work, family, finances, relationships, or health. Knowing how to access those dreams are what my Coaching programs are all about. Programs that will help you discover and then harness that power so you can really deliver the dreams of your heart. These programs work if you work them! For decades clients have experienced results beyond their wildest imagination. So, if you are interested in finding out more about Dream-Building, try it on, test it out, read on, and see for yourself.

For starters, it matters not if you have tried and failed or if you allowed your dream to die, because it is never too late, and you are never too old. It does not matter how hopeless it may seem, how old, how poor, how many times you have failed, how terrified, how educated or uneducated, you are.

How can I say that with such confidence, such certainty, you might ask? Well, I can say it with such confidence and gusto because of the incredible life I have lived, the overwhelming odds, circumstances and challenges I have faced and overcome and the thousands of other people I have witnessed to do the same. I know that to succeed in life, you've got to be in the game!! You have to be up at bat. To become a Babe Ruth, you have to have a lot of strikes at the ball and you have to be willing to strike out! In 1923, when Babe Ruth broke the record for most home runs in a season, he also broke the record for highest batting average and he also struck out more times than any other player in Major League Baseball.

Each and every one of us is being called to greater aliveness - to our greatest self yet to be. Just as a blade of grass will push through the cement to reach the light, you are being pulled toward your greatest self yet to be! Feel the pull. Pay attention to your longings and your discontents. Pay attention to the situations that have you feeling stuck, or hemmed in. They are telling you something! Like the blade of grass, you are being called to greater aliveness.

You have a dream within you! And, there is a power within you that is greater than any circumstance or condition you may be facing. That power within you is there to help you realize your dream. There is something that you are being called to do that only you can do. You are one of a kind, never to be repeated again in the history of the universe, unique combination of talents, skills, abilities, interests, attributes,

characteristics and ways of being in the world. And just as the acorn has within it everything required to become an oak tree, You have acornness within you. The question is, "will you become an oak tree?" Will every acorn become an oak tree? No. Only the acorns that are in the right environment and that receive the right support and nourishment become oak trees. Your dreams are no different. They need the right soil, sunlight, fertilizer, nourishment, support, and encouragement. So pay attention to your longings and your discontents. As Maya Angelou (1928-2014) said, "Love life. Engage in it. Give it all you've got. Love it with a passion because life truly does give back, many times over, what you put into it."

Benjamin Franklin said, "many people die at age 25 and aren't buried until they are 75." Too many people are not really living, they are just going through the motions. Most of us have been trained as small children that conditions and circumstances determine how we shall live. It's the voice that says, "Who do you think you are?" or "You don't have what it takes," and so on. We all have those voices, it is just that some "let them have us." One thing I know for certain is that we have an end date, one last breath. What I consider to be one of life's most important questions is, "Will you die having not done that one special thing that you were called to do - that one thing that you spent your life wishing you could do but kept telling yourself all the reasons you couldn't do it?" Henry Ford said, "Whether you think you can, or think you can't, you are right." So don't let your paradigms stop you from realizing your dream!

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

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We are willing to stay close to the Center for a year if the help is needed but as we get older we realize we need to slow down and share the 'doing' that makes the operation flow. We are wondering who out there has similar values and wants some first-hand experience in operating a Retreat Center. If you have money to invest this could become your dream vocation.

The Johnson's Landing Retreat Center includes over 17 acres of land, a five bedroom Main Lodge with two kitchens, 5 cabins, a separate workshop building, a new geodesic dome, two tree houses, two tipis, a six-sided meditation cabin, a deluxe solar shower, plus sixty solar panels, a sauna and a large garden. Plus the accessories to run a Center.

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# The Habit Loop

by Judson Brewer • [www.rehabs.com/mindfulness](http://www.rehabs.com/mindfulness)

Why do mothers buy a pack of cigarettes instead of spending this money on nutritious food for their children? Why are treatments that help roughly 33 percent of people overcome their substance use and have a 70 percent relapse rate hailed as "gold standard" by the National Institute of Drug Abuse? In other words, why are addictions so hard to overcome?

Our brains are set up to learn. From an evolutionary perspective, when we come upon a good source of food or water, it is helpful to remember where it is. This reward-based learning system, that is conserved all the way back to the most primitive of nervous systems has three elements: trigger, behavior, reward. We see berries, we eat them, and if they taste good, we lay down a memory to come back for more.

Fast forward to modern day. Food is plentiful and our environment is relatively safe, yet our brains have the same reward-based learning system. The bad news is that over time, humans have stumbled upon substances that literally hijack this reward-based learning system. In fact, every substance of abuse from tobacco to crack cocaine affects the same brain pathways – the mesolimbic pathway which mainly acts through the neurotransmitter dopamine. And each time we do a line of cocaine and feel the high, or smoke a cigarette when we are stressed out and feel better afterwards, we reinforce the "habit loop."

Treatments such as cognitive behavioral therapy are thought to act through the prefrontal cortex – involved in reasoning, planning and "top down" cognitive control in general. When we know we shouldn't eat that second helping of cake or smoke a cigarette, this is the part of the brain that helps us control that urge. Unfortunately, like the rest of the body, the prefrontal cortex is subject to fatigue, described by some as "ego depletion." As the HALT acronym predicts, when we are Hungry, Angry, Lonely, or Tired, we are more susceptible to smoking or using drugs. This may be because, as the youngest part of the brain from an evolutionary standpoint, this is also the first cortical region to go "offline" when we are stressed or otherwise depleted. If we can't rely on our prefrontal cortex, are there other ways to change our behaviors?

Interestingly, mindfulness training seems to be emerging as a possible solution. Based in ancient Buddhist psychology, mindfulness helps individuals pay careful attention to their cravings, such that they can see what they are made up of – thoughts and body sensations. Importantly, with this awareness, they can notice cravings as they arise, see how they change from moment to moment (instead of lasting "forever" as some of my patients have described), and as a result, stay with them and ride them out instead of acting on them. Also, paying attention helps individuals see clearly what they are getting from their behavior in that moment. This dual purpose of mindfulness – disenchantment and being able to be with ourselves instead of reacting automatically – may be a winning combination.



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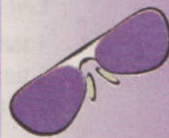
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# The Cook's Corner

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

By popular request we are re-printing one of our most popular recipes, our Super Simple Zucchini Quiche. This is a crust-less quiche which is almost fail proof. We have also included Angele's Kale Chip recipe. Kale is a versatile and nutritious vegetable, delicious steamed, chopped into soups or salads and as you can see below, can be served dried with various toppings.

Bon Appetit, *Richard*



### Crispy Kale Chips



#### Ingredients:

Bunches of fresh crisp kale  
Olive oil and Braggs

#### Option 1

2 Tablespoons nutritional yeast  
1/4 tsp paprika powder

#### Option 2

1 teaspoon onion or garlic powder

#### Option 3

any spice combination you are craving including lemon juice, dill, miso, ginger and even coconut

#### Process:

Remove the kale stems and tear into medium size pieces into a large bowl. Pour the oil and Braggs, then using your hands gently massage the oil into leaves till evenly coated.

Then choose option, 1, 2 or 3.

Once evenly coated for a second time place kale on dehydrator trays at 105 degrees overnight or until coating is dry. Otherwise bake in oven at low temperature for half an hour. If they aren't quite dry, let them air out.

Place in an airtight glass container with a lid.

### Super Simple Zucchini Quiche

This is a batter quiche which does not require a crust and can be made very quickly. It was given to me by a neighbour in Kaslo when I stopped to give him some of our surplus zucchinis. One quiche serves four to six people.

#### Ingredients:

4 eggs, well beaten  
1 cup grated cheddar cheese  
3 Tablespoons parmesan cheese  
3 cups grated zucchini  
1/4 cup cold pressed olive oil  
2 Tablespoons chopped green onion  
2 teaspoons dried parsley

1 cup of whole wheat flour,  
or for a wheat-free option,  
use fine ground oatmeal

1/2 - 3/4 teaspoon of salt  
*Celtic sea salt is the best*

1 teaspoon sugar (optional)  
1 teaspoon of baking powder  
1/2 teaspoon baking soda

#### Process:

The size of the zucchini and how tender the skin is will determine if you need to peel them. Often we take off half the skin so they are striped looking. Fresh, organic zucchini is best.

Both cheese and zucchini are 'firmly packed' into measuring cups. Mix dry ingredients in one bowl and wet ingredients in another. Then add dry ingredients to the wet ingredients and mix well.

Spoon into a greased 10" pie plate.

Bake for 40 minutes @ 350 degrees.

Test with a toothpick in the center, if the toothpick comes out dry rather than sticky... it is done!

**OPTIONS:** You may wish to supplement the zucchini with red peppers, broccoli or other semi-tender veggies.

**REMEMBER:** This is 'not' a chemistry class, when it comes to measuring pour in what you guess is the right amount, you really can't make a serious mistake and you can substitute as you wish.



#### Utensils:

- 2 medium sized mixing bowls
- an egg whisk or stick blender, even a fork will do the job.
- Measuring cup
- Measuring spoons
- 1 pie plate or quiche pan



# ENZYMES Are Our 'LIFE FORCE'...

by Louis Hoolaeff HR HC ACS

The only solution to our present health crisis is food enzymes. The study of food enzymes in nutrition and human health has been a 'sore eye' to both scientists and nutritionists alike. Much study was done in the early years but for some reason was not brought to light. Only now we see some glimpses of the need of food enzymes for maintaining and regaining our health.

We will attempt to bring out the importance of enzymes as enzymes are the life force of our body. Without the life energy of enzymes we would be nothing more than a pile of lifeless chemical substances -- protein, minerals, vitamins and water. In maintaining health, enzymes and only enzymes do the actual work. They are what we call in metabolism, the body's labor force.

What are ENZYMES? Enzymes are the key to radiance, longevity, and youth. According to Dr. Edward Howell, the grandfather of enzyme therapy, an enzyme is "...a protein molecule with electricity running through it..."

## ***We Age and Get Sick .... Because We Run Out of Enzymes***

Each one of us is given a limited supply of bodily enzyme energy at birth. This supply, like the energy supply in our new battery, has to last a lifetime. The faster we use up our enzyme supply-- the shorter our life. A great deal of our enzyme energy is wasted haphazardly throughout life.

## ***Heat of Cooking DESTROYS ALL Enzymes!***

The habit of cooking our food (several degrees of heat above our body temperature destroys enzymes) and eating it processed with chemicals; and the use of alcohol, drugs, medicines, vaccinations and junk food all draw out tremendous quantities of enzymes from our limited supply. Frequent colds, fevers, stress and exposure to extreme temperatures also deplete the supply. Even thinking requires enzyme activity. A body in such a weakened, enzyme-deficient state is a prime target for cancer, obesity, heart disease and practically all other degenerative problems. Such abuse often ends up in the tragedy of suffering and death at middle age. Today, even young children suffer from a lack of enzymes as we see many with childhood diseases and age related illness such as cancer.

People can live healthier and longer by guarding against loss of this precious life force (energy) as shown by wild animals in nature, who statistically outlive people and die of only a handful of natural causes. Bodily enzyme depletion and aging go hand in hand in both laboratory animals and humans. There is a crippled attempt of modern medicine to heal disease and its failure to attack the root of the problem.

So what can we do? One fatal process that may be the cause of all humanity's bodily ills is the cooking of food. Prolonged heat destroys 100% of enzymes in food. We must replenish those enzymes by adding more raw foods into our diet and unless grown on fertile soil, raw foods can also be low in enzymes. Especially the imported foods that are raised on depleted soils, harvested unripened and transported over long distances.

Supplementation of plant enzymes is then essential for us to maintain and regain our health. Larger quantities of enzyme supplementation has also been proven to help eradicate many health challenges such as cancer, arthritis, obesity, colitis and many other illnesses. When supplementing, care has to be taken that enzyme supplements must be plant based, of the highest quality, contain no fillers and must not be destroyed by the high acid of the stomach in order to be effective.

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# JUMBO RESORT'S ELUSIVE GOAL

by Rowena Eloise, Argenta, for the West Kootenay Coalition for Jumbo Wild

Oct. 12, 2004 saw Glacier Resorts Ltd. (GRL), parent corporation of the Jumbo Resort development, gain their first Environmental Assessment Office's (EAO) Conditional Certificate giving them five years to create a "substantial start" in order to receive their permanent certificate. At that time the goal seemed quite do-able. Yet the goal had moved no closer by Oct. 12, 2009 when GRL was given their one (only one allowed) five year extension and told to try again Oct. 12, 2014. And that date rapidly approaches.

The unconsulted B.C. tax payers made, this year, a \$250,000 investment in the newly manifested Jumbo Mountain Resort Municipality, allowing a flurry of promised activity for the failing proposed Jumbo Glacier Resort and moving GRL's Grant Costello to call that elusive goal "a subjective term."

All work at the resort must stop Oct. 12, 2014. Preceding and after Oct. 12, 2014, Mary Polak, Minister of Environment, and perhaps Associate Deputy Minister Doug Caul, and advisors will do air and on the ground assessments looking for indications of that "substantial start", after which they will deliberate. There is no timeline for this important YES or NO decision. The public will be notified, but I was given no indication of when or how by my EAO contact person.

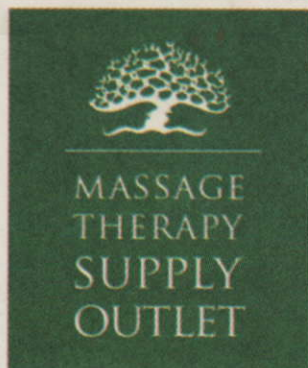
Thus, the West Kootenay Coalition for Jumbo Wild advocates we exercise our democratic "writes", ASAP, by sending YES JUMBO WILD FOREVER - NO JUMBO RESORT to:

Mary Polak, MOE, Box 9047,  
Stn. Prov. Gov., Victoria, B.C., V8W 9E2  
or email: [env.minister@gov.bc.ca](mailto:env.minister@gov.bc.ca)

Doug Caul, ADM, Box 9426,  
Stn. Prov. Gov., Victoria, B.C., V8W 9V1  
or email: [doug.caul@gov.bc.ca](mailto:doug.caul@gov.bc.ca)

Let's bulge their mail boxes or bags!

*Back ground ~* Rowena Eloise is a legend in her own time and for the people who oppose Jumbo Resort in the Purcell range of the Columbia Mountains. On March 20, 2012, Christy Clark approved the Jumbo Glacier Resort. The province sells the land to the developer — essentially privatizing Crown land for about \$5,000 per acre. The control of 6,000 hectares of Crown land, including the surface of four glaciers, would be accessible only to paying customers. Turning a public land-use question into a discussion about public access to powder skiing is a mistake, especially when the public has stated — repeatedly — that it does not want the Jumbo Glacier turned into a resort.



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# A REVOLUTIONARY WAY TO CLEAR OUT NEUROTOXINS

by Dr. Ursula

Most people are aware of the toxicity that we are exposed to on a daily basis. While some people can live seemingly totally unaffected, others suffer greatly due to their delicate constitutions or heightened sensitivities. While it would be impossible to get rid of every single toxin in our system (some estimates say between 400-800) there are ways to neutralize some of their harmful effects.

Common cleanses/detoxes, diets, fasting, saunas etc are all beneficial in reducing one's toxic burden. However from a homeopathic point of view, every toxin has an energetic imprint that continues to produce symptoms in the body even after any physical trace has been removed.

Homeopathic Toxicology is a relatively new field which deals with neutralizing these toxic energetic imprints. For example, if someone has been drinking diet coke for many years, they are likely to be affected by a series of symptoms from its chemical content (aspartame, caffeine, artificial colours etc). In order to clear out these toxic residues, remedies are made from these actual ingredients. Using a systematic approach, these remedies then detoxify the body/mind. This cleansing process goes far beyond common cleanses and detoxes. It actually targets the patient's DNA which may be damaged by prolonged exposure to toxins.

This article is concerned about specific toxins that have been linked to NEUROTOXICITY. That refers to toxins that have the ability to damage the nervous system including the neurons that process signals in the brain. Neurological disorders like Parkinson's, Alzheimer's, ADD/ ADHD, autism, dyslexia, depression as well as various types of cancers which are becoming more widespread, have all been linked to various neurotoxins in recent research.

Some of the main neurotoxins which Homeopathic Toxicology can address include Aspartame, BPA, Fluoride, Chlorine, MSG, Mercury, Lead, Pesticides (including Round-up, Malathion, PCBs or DDT etc.), toluene (used in paint thinners, nail polish), and cosmetic ingredients like parabens, pthalates, SLS etc to name a few. It is beyond the scope of this article to mention all the symptoms produced by the above. Aspartame alone has been linked to irreversible brain damage according to medical researchers and it is everywhere. Just read the label on any sugar-free gum or drink.

Many of the above have been linked to impaired fetal brain development/childhood developmental disorders. Consequently, it would be a healthy option to clear out these neurotoxins starting in pregnancy (preferably before) and in young children before they carry these toxic imprints into adulthood.

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# 3 to 5 Second Meditation

By Gabriele Gottschlag

Let's face it, life can be stressful. It seems more so as the world appears to be speeding up and placing more and more demands on our attention; particularly as technology increasingly develops yet one more, shiny new device that helps us stay connected - or should we say distracted. Many are feeling overwhelm in the face of increasing personal, societal and for some, spiritual demands.

So what needs to happen to stop the madness, even if just for a few moments of relief? Meditation is a well known, tried and true method used to achieve a quiet grounding. But for many meditation has proven to be a challenge. Some have difficulty finding the time or space that allows for a meditative practice and others are simply not comfortable with the process.

For those who have difficulty with meditation and for anyone who wants a very simple technique that helps to bring momentary relief from stress or anxiety, a wonderful technique is the '3 to 5 Second Drop'.

It is very easy: whenever you find yourself feeling increasingly stressed or anxious, or a sense of overwhelm creeping in, just stop and drop everything for 3 to 5 seconds. By drop I mean just stop thinking, cut off the incessant monkey mind chatter. Even if this is done only once a day, or once a week at first, it allows for space, for an interruption to the incessant automatic thinking that is accompanied by a constant low level (or high level) anxiety that is there just below the surface.

Feel that open spaciousness that remains and breathe it in - this is who you truly are. If you can hold



it even longer, great. The counting works as a distraction as well as to interrupt the thinking. This technique is reminiscent of no-thought Buddhist meditation but made very easy and accessible. You don't need a special mediation room with pillows and chimes. This technique can be done standing in a grocery line, sitting at your work desk, watching the kids play or while in a board room meeting. It can be the little key to momentary freedom.

Over time this practice can be a doorway to a more routine meditative practice, whatever that might look like, and that would be a nice side effect. But the purpose is to give momentary peace where there does not seem to be any possibility of it - to create a space for spirit to be known. This is the space where healing takes place. Quantum healing works with this space to help bring relief by unravelling the constricted energies built up over time by habitual thinking.

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Buddha was once asked, "What have you gained from meditation?" He replied, "Nothing! However let me tell you what I have lost... anger, anxiety, fear of old age and death."

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# Wind Power in France



by  
Antony  
Chauvet



I am lucky to be spending the summer in the country where I grew up, France. I had not been here for seven years, and one thing I noticed is that there are many wind turbines now visible in the countryside. In France, wind power provides 8,465 MWatts of electricity as of the first of January 2014. The objective is to have 25,000 MW of wind power by 2020, including 6,000 MW from offshore turbines.

The annual electricity production is over 14.9 TeraWatt hours of electricity, which is enough for power and electric heating for seven million people. This is 3.1% of the total power consumption. In Denmark, this ratio is even higher at 26%. It is 16% in Spain, and 11% in Germany.

In five of France's 22 regions, wind power provides over 650MW. To reach 10% of total power by 2020, the pace of

installations needs to accelerate. Professionals appear to be confident for 2014. A new law was passed in April 2013, which is supportive of wind power installations and removes some obstacles. The budgetary commission in parliament also confirmed a higher buying price to support the industry. A total of 1,500 MW has to be connected each year until 2020 to reach the objective of 19,000 MW that was set as target by law.

Just how many wind turbines are there in France ?

- 4,200 wind turbines are currently online.
- 7,821 MW are created amongst 710 wind farms.
- The number of projects that have signed a contract for installation is increasing.
- Each year, about 500 wind turbines are brought online in France, which is more than 1000 MW.

The process to produce power with wind does not create waste or release global warming gas such as CO<sub>2</sub>. The power of a wind turbine has also been multiplied by ten between 1997 and 2007. In 1980, a wind turbine could only provide electricity for 10 people. Today, a single wind turbine provides 2 MW of power, which supplies power for 2,000 people, heating included. The average power of a turbine was 0.5 MW in 2000, 1.7 MW in 2007 and 2.2 MW in 2012.

Today, a wind farm of 12 MW, with four to six turbines, covers the power needs of almost 12,000 people, including use of electric heaters. This reduces CO<sub>2</sub> emissions by 8,000 tons. Thanks to a total of 7,821 MW of wind power available last year, a reduction of close to 5 million tons of CO<sub>2</sub> emissions was avoided.

Wind power is growing at a rapid rate in most countries. In the past ten years, average growth was 26% per year. This rapid success is due to six qualities: Wind power is abundant, cost-effective, inexhaustible, available almost everywhere, clean, and does not have an impact on the climate.

France has the 8th biggest wind power production in the world. The four countries that have the biggest productions are China (75,564 MW), the USA (60,007 MW), Germany (31,332 MW) and Spain (22,796 MW).

The fastest growth is in China (30% of new capacity), followed by the US (29%) and the European Union (26%). The main other countries that installed wind farms last year are India (5%), Brazil (2.4%) and Canada (2.1%).

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The Quantec® links on the energy field of the subject which is captured from a digital photograph and transmits back healing vibrations at a frequency equivalent to thought (telepathy). Working in harmony with known and proven complementary health principles, many people have experienced relief from so-called terminal or chronic disorders.

This technology breakthrough is something quite special as it can access homeopathy, colours, sounds, acupuncture, affirmations, allergens, nosodes, Bach flowers and psycho-kinesiology, etc.



### Ginger Marshall

Her interest in Quantum physics led her to study the Quantec computer program in 2004.

Her personal quest for wellness taught her the importance of understanding both the inner and outer self.

Constantly expanding her range of knowledge with alternative health studies, her education now includes EFT (Emotional Freedom Technique), Bach Flower Therapy, Bach Colour Therapy and Science of the Mind 101.

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**Dr. Magda Havas** is Associate Professor of Environmental and Resource Studies at Trent University in Peterborough, ON, where she teaches and does research on the biological effects of environmental contaminants. Dr. Havas received her Ph.D. from the University of Toronto, completed Post-Doctoral research at Cornell University, and taught at the University of Toronto.

She began research on acid rain and metal pollution in 1975. She was Science Advisor to the Canadian Coalition on Acid Rain and her research helped bring in clean air legislation in 1985 that reduced sulphur dioxide emissions by 30% and lead to improvements in air and water quality, and ultimately resulted in the recovery of lakes. Her paper *Red Herrings in Acid Rain Research* confronted the misconceptions that were being perpetrated about acid rain and its effects.

Since the 1990s her concern is with the biological effects of electromagnetic pollution including radio frequency radiation, electromagnetic fields, dirty electricity, and ground current. She works with diabetics as well as with individuals who have multiple sclerosis, tinnitus, chronic fatigue, fibromyalgia and those who are electrically hypersensitive. She also conducts research on sick building syndrome as it relates to power quality in schools.

She has given talks in more than a dozen countries on her research and provides expert testimony on the health effects of electromagnetic pollution as they relate to occupational exposure, high voltage transmission lines, magnetic fields, and both cell phone and broadcast antennas.

Dr. Havas has been an advisor to several public interest groups and educational groups concerned with the health of the environment. She is currently science advisor on EMF-related issues to several non-profit organizations including: The Canadian Initiative to Stop Wireless Electric and Electromagnetic Pollution (WEEP Initiative); the Council on Wireless Technology Impacts (CWTI) and the EMR Policy Institute (EMRPI) in the US; HESE and the EM Radiation Research Trust (EMRRT) in the UK; International Commission for Electromagnetic Safety (ICEMS) in the EU; and the Nationaal Platform Stralingsrisicos (NPS) in the Netherlands.

Her most recent paper (October 22, 2010), documents definitive evidence that radiation from a cordless phone, common in many homes, causes heart arrhythmia and tachycardia (rapid heart rate) and alters the sympathetic and parasympathetic nervous system similar to a "fight-or-flight" stress response. It is the first study of its kind demonstrating such a dramatic and repeatable response to pulsed-microwave radiation at levels 0.5% of federal guidelines in both Canada and the U.S. This double-blind, peer-reviewed study in the European Journal of Oncology Library Vol 5 2010, is called "Provocation Study using Heart Rate Variability shows Radiation from 2.4 GHz Cordless Phone affects Autonomic Nervous System." It clearly shows that some individuals are hypersensitive to this radiation and react immediately and only during active provocation.

Dr. Havas's academic website provides a collection of Dr. Havas's publications, technical reports, open letters, testimony as an expert witness at hearings, and invited presentations on chemical and electromagnetic contaminants. [www.magdahavas.org](http://www.magdahavas.org) or for general info visit [www.magdahavas.com](http://www.magdahavas.com)

I have just received a 4th notice from you telling me my account is in arrears, and threatening me with disconnection if I don't pay the outstanding amount. As you well know, I ALWAYS pay my bill for electricity consumption on time. The outstanding amount is wholly due to the "legacy fees" you are charging me for keeping my analogue meter.

I object to these legacy fees in the strongest possible terms. They are extortionist and discriminatory, terms that may strike you as hyperbolic and ridiculous. However, I assure you they are neither. Let me explain.

**Extortion is defined as:** "a criminal offense of obtaining money...from a person...through coercion...commonly practiced by organized crime groups....to halt future violence." It "involves the verbal or written instillation of fear that something will happen to the victim if they do not comply with the extortionist's will." (Wikipedia)

That pretty much describes BC Hydro's behaviour in its attempts to force wireless meters on all its customers. I am being threatened with the loss of a vital resource if I do not succumb to the demand that I have a dangerous and unproven radio-transmitting device installed on my home. The only option BC Hydro presents to avoid this action is to pay a monthly fee. This is the very definition of extortion! I must pay to remain safe; being exposed to a radio device (that I believe is extremely **unhealthy, insecure, invasive**, and a **fire hazard**) is free!

**Discrimination is defined as:** "action that denies...rights to categories of people based on prejudice." It "includes treatment of...an individual based on their...membership in a certain group in a way that is worse than the way people are usually treated..." and "restricting members of one group from...privileges that are available to another group..." (Wikipedia)



# Scientific cover-up

by Susan Foster posted on [www.takebackyourpower.net](http://www.takebackyourpower.net)

In May 2011 the World Health Organization's cancer committee, IARC, voted to classify the RF – EMF Spectrum as a 2B or "possible human carcinogen." World-wide attention was once again focused on the possible cancer causing effects of RF (microwave) radiation, yet in the three years since the 2B classification, two divergent paths have been taken with respect to the science focusing on cell phones and brain tumors.

On one hand, the Hardell Group from Sweden led by oncologist Dr. Lennart Hardell published five more studies in 2013 – for the first time looking at over 20 years of data. As a result of these findings Dr. Hardell has called for an urgent upgrading of the classification of RF – EMF from 2B to Group 1 – a known human carcinogen. If IARC were to accept Dr. Hardell's recommendation, RF – EMF would then be placed in the same carcinogenic category as tobacco and asbestos.

On the other hand, there appears to be a back-room effort to ignore, denounce and bury Dr. Hardell's newest science by two highly recognized groups, the World Health Organization and SCENIHR, the European Commission's Scientific Committee on Emerging and Newly Identified Health Risks.

Susan Foster, on behalf of the UK's Radiation Research Trust, has discovered that one man appears to be responsible for the attempted suppression of what is arguably the best epidemiological research in the world on cell phone usage and its correlation to gliomas and acoustic neuromas. This science could threaten a multi-trillion dollar industry; thus the stakes could not be higher – for corporate profits, yet more importantly, for the health of people all over the world.

In her letter of May 8, 2014 to the European Commission's John Ryan, Acting Director of the European Commission's Health and Consumers division, Susan Foster accuses SCENIHR of scientific misconduct. She further asks for a thorough review of the process whereby science was selected for SCENIHR's Preliminary Report. SCENIHR had been given the charge of reviewing the present RF – EMF safety limits affecting over 500,000,000 European citizens.

"This is not 'independence' on SCENIHR's part," states Susan Foster. "This is scientific misconduct. SCENIHR is claiming to be something it is not, and hundreds of millions of lives are at stake as well as the ability to impact standards worldwide, albeit indirectly."

*Susan Foster joins Eileen O'Connor, Director of the UK's Radiation Research Trust in demanding a new unbiased evaluation of health risks from RF – EMF by SCENIHR.*

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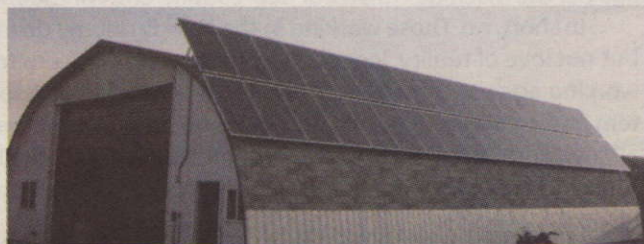
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# the New Economy

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*"The New Economy cannot be reduced to a strategy or an 'idea' to be considered, but is an emergent phenomenon that is being manifest in many different ways all over the world right now, in response to the rapidly changing economic, technological, social and ecological environments. The economy is being transformed, and the question for stakeholders is 'Do we wish to be leaders in this transformation, or followers?'"*

~ Jordan Bober, agorabora, Vancouver New Economy Thinker

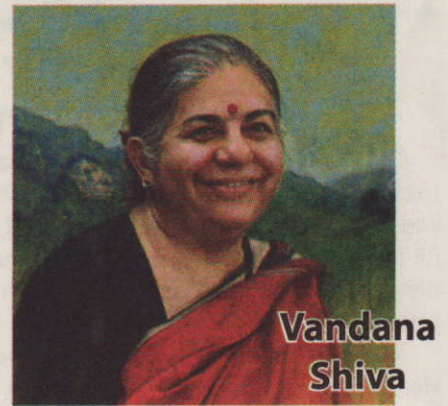
How, in the face of the irresistible inertia of the growth-addicted, capitalist economic system that we have known since the dawn of the Industrial Revolution, are we going to change this Titanic's course quickly and definitively enough to avert ecological, social and economic catastrophe?

What are the characteristics of the tender, emerging New Economy that is, in spite of everything, beginning to poke through the cracks in the economic asphalt?

As unique as each piece appears at first glance, a big picture in which each piece belonged together can be discerned. Each element of the emerging New Economy was seeking to meet needs that were no longer being satisfactorily addressed in the "old economy", and they were going against the grain of the dominant paradigm in order to do so. Community currencies, for example, are designed to run counter to the increasingly globalised monetary system through the creation of hyperlocal networks of exchange; crowdfunding and community microlending are finding ways for new artists, enterprises and projects to get the financing they need without resort to Big Finance or Big Philanthropy. Local food system developers are reversing the 200-year trend of increasingly centralised, globalised, and commercialised agriculture.

Is the New Economy, then, merely a fringe movement of mavericks and contrarians in love with the futility of their tiny, counter-historical strivings against the Machine – a sort of neo-Luddite entrepreneurial class?

In short, no. Those working in the New Economy do indeed strive in love, but not love of futility. Indeed, they do not usually seem to see themselves as working against something so much as for something: for an economic system and a culture that they find more beautiful, more meaningful and more aligned with their values than the dominant system; one that can exist in parallel with the old system – within its carcass, so to say – and slowly render that old system obsolete.

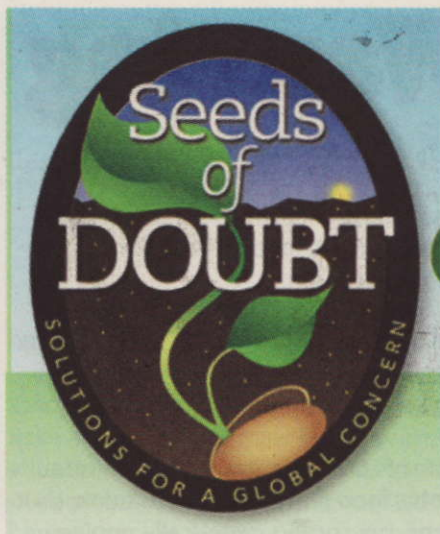


When searching for *Seeds of Doubt* on the internet I was led to the August edition of the New Yorker. Michael Specter tells the story of Vandana Shiva's speaking tour, and her opposition to the globalization of GMOs and the patenting of life. He started out with some facts then twisted them to make her sound like a has-been, like she didn't know what she was talking about.

Vandana provides a lengthy response on her website [seedfreedom.in](http://seedfreedom.in), going over the errors as she explains the deeper reality. That article ends with her saying, "For the record, ever since I sued Monsanto in 1999 for its illegal Bt cotton trials in India, I have received death threats, my websites have been hacked and turned into porn sites, the chairman of a girls' college founded by my grandfather has been harassed. Actions have been taken to impede Navdanya's work by attempting to bribe my colleagues to leave – and they have failed. None of these systemic attacks over the last two decades have deterred me from doing my research and activism with responsibility, integrity, and compassion. The concerted PR assault on me for the last two years from Lynas, Specter and an equally vocal Twitter group is a sign that the global outrage against the control over our seed and food, by Monsanto through GMOs, is making the biotech industry panic.

Character assassination has always been a tool used by those who cannot successfully defend their message. Although they think such slander will destroy my career, they don't understand that I consciously gave up a 'career' in 1982 for a life of service. The spirit of service inspired by the truth, conscience and compassion cannot be stopped





## Seeds of Doubt Conference October 11 • Colorado

World-renowned experts, professional and local authorities present the latest scientific research on GMOs and their impact on our health and the environment.

by threats or media attacks. For me, science has always been about service, not servitude.

My life of science is about creativity and seeing connections, not about mechanistic thought and manipulated facts."

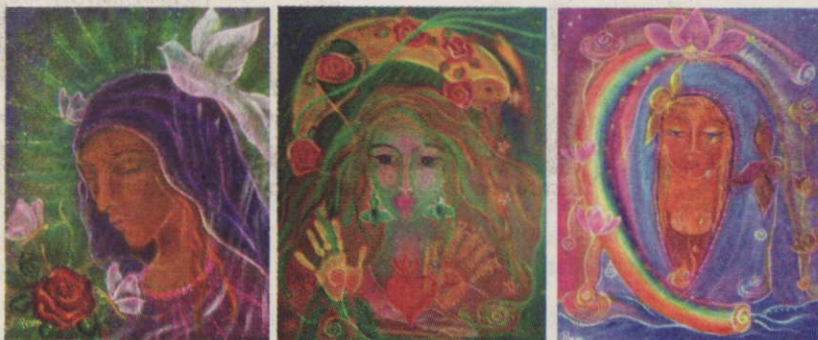
In the New Yorker article, Michael does point out that Vandana has been called the Gandhi of grain and compared to Mother Teresa. If she personally accepted all the awards, degrees, and honors offered to her, she would have time for little else. In 1993, Shiva received the Right Livelihood Award, often called the alternative Nobel Prize, for her activism on behalf of ecology and women. *Time*, the *Guardian*, *Forbes*, and *Asia Week* have all placed her on lists of the world's most important activists. Shiva, who holds a Ph.D. in philosophy from the University of Western Ontario, has received honorary doctorates from universities in Paris, Oslo, and Toronto, among others. In 2010, she was awarded the Sydney Peace Prize for her commitment to social justice and her tireless efforts on behalf of the poor. Earlier this year, Beloit College, in Wisconsin, honored Shiva with its Weissberg Chair in International Studies, calling her "a one-woman movement for peace, sustainability, and social justice."

## Reviews by Angele

## Multiple Womyn Who am I

A soul-filled set of 36 inspiring cards  
[www.danielletonossi.com](http://www.danielletonossi.com)

I knew Danielle Tonossi as reader of hands and life journey's for people at the Spring Festival of Awareness and local markets. Than while doing distribution I saw some magical-like paintings. These cards are the result of Danielle painting images that appeared to her, through the inspiration of the Sacred Feminine. Each card has a painting on one side with an affirmation of wisdom on the other side.



## Take Back Your Power

by Josh del Sol

This 88 minute video is winner of these awards

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



Utilities around the world are racing to install "smart" utility meters, which are emerging as anything but smart. Mounting evidence of health damage as tens of thousands of individuals are reporting to governments and utilities that they are experiencing illness or functional impairments following the installation of "smart" meters.

According to court-ordered documentation and independent testing, it has been proven that utilities are lying about how often "smart" meters transmit bursts of microwave radiation.

With compelling insight from whistleblowers, researchers, government agents, lawyers, doctors and environmentalists, learn why hundreds of local governments are standing against the rollout of this technology. What you'll discover will surprise, unsettle and ultimately empower you.

Understanding your rights is the first step to figuring how to make what we want to have happen, in the future.



# Reversing Global Warming

adapted from an article on the web by Ronnie Cummins, international director of the Organic Consumers Association

"If humanity wishes to preserve a planet similar to that on which civilization developed and to which life on Earth is adapted, paleoclimate evidence and ongoing climate change suggest that CO<sub>2</sub> will need to be reduced from its current levels [398 ppm.] to at most 350 ppm " ~ Dr. James Hansen

Since Dr. James Hansen, a leading climatologist, warned in 2008 that we need to reduce the amount of CO<sub>2</sub> in the Earth's atmosphere to 350 parts-per-million (ppm) in order to preserve life on Earth, little has been done to get us there. What must we do to reverse it?

**Hint number one:** not by politely asking out-of-control corporations and politicians to please stop destroying the planet.

**Hint number two:** not by pinning our hopes for survival and climate stability on hi-tech, unproven and dangerous, "solutions" such as genetic engineering, geoengineering, or carbon capture and sequestration for coal plants.

**Hint number three:** not by naively believing that soon (or soon enough) ordinary consumers all over the planet will spontaneously abandon their cars, air travel, air conditioning, central heating, and fossil fuel-based diets and lifestyles just in time to prevent atmospheric concentrations of greenhouse gases from moving past the tipping point of 450 ppm or more of CO<sub>2</sub> to the catastrophic point of no return.

We can reverse climate change by sequestering several hundred billion tons of excess CO<sub>2</sub> using the "tools" we already have at hand. We're talking about mobilizing the global grassroots, not as passive observers, but as active participants, producers and conscious consumers, implementing and promoting on a mass scale, tried and true, low-tech, beneficial practices that naturally sequester enormous amounts of atmospheric carbon in the soil. These traditional, regenerative practices include no till organic farming, planned rotational grazing (carbon ranching), composting of organic wastes, the use of cover crops, planting trees, and preserving and restoring forests, wetlands, riparian zones, grasslands, peat bogs, and biodiversity.

"Globally... soils contain about three times the amount of carbon that's stored in vegetation and twice the amount stored in the atmosphere. Since two-thirds of the earth's land mass is grassland, additional CO<sub>2</sub> storage in the soil via better management practices, even on a small scale, could have a huge impact."

If you are unfamiliar with the enormous impact of industrial food and farming and non-sustainable forest practices on global warming (chemical and energy-intensive, GMO, industrial food and farming practices generate 35 percent of global greenhouse gas pollution, while deforestation, often agriculture-driven, generates another 20 percent) and the concept of natural carbon sequestration through regenerative land use, please take a look at the comprehensive 2013 scientific study

called "*Wake Up Before It's Too Late*," published by the United Nations Commission on Trade and Development (UNCTAD).

Of course moving several hundred gigatons of CO<sub>2</sub> back underground and reversing global warming will not be easy. Getting back to 350 ppm of CO<sub>2</sub> in the atmosphere will require nothing less than a global food and farming revolution: shutting down factory farms, boycotting genetically engineered foods, including factory-farmed meat and animal products, and putting billions of intensively confined farm animals back on the land, grazing, where they belong.

Restabilizing the climate means putting an end to gigantic GMO soybean and palm oil plantations and industrial timber operations. It means preserving tropical forests, and planting and nurturing hundreds of billions of native trees in deforested urban and rural areas.

Reversing global warming means putting an end to the energy-intensive, chemical-intensive, genetically engineered industrial food and farming system that is not only destroying public health, torturing animals, polluting the water, overgrazing pastures and rangelands, driving family farmers off the land, and destroying biodiversity, as well as pumping billions of tons of CO<sub>2</sub>, methane, nitrous oxide, and black soot into the air.

Reversing climate change also means stopping industrial agriculture from continuing to dump billions of pounds of chemical fertilizers and pesticides on the already heavily tilled, compacted, and eroded land - practices that destroy the Earth's natural ability to sequester vast amounts of carbon. These unsustainable farming, ranching, and land use practices, according to a leading world expert, Dr. Rattan Lal, have already caused the release of 25-70 percent (hundreds of billions of tons) of all the carbon originally sequestered in agricultural soils.

If industrial agriculture and GMOs are marginalized through mandatory labeling, marketplace pressure and public policy change, if fossil fuel consumption in all sectors is steadily reduced, and regenerative organic practices are put into action globally, with a focus on the 22 percent of the planet's soils which are degraded and currently fallow, we will be able to sequester 100 percent of current, annual (35 gigatons) carbon dioxide emissions.

Small Farmers Can Cool the Planet. The world's two and a half billion small and indigenous farmers and rural villagers currently manage to produce 70 percent of the world's food on 25 percent of the world's land.

These so-called "subsistence farmers," who have always struggled to survive, now find that climate change, the steady



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expansion of GMOs and industrial agriculture, and so-called "Free Trade" agreements, are making their farming and survival much more difficult. But these same small farmers, ranchers, pastoralists and forest dwellers, because they have, in most cases, retained traditional knowledge and practices, including seed saving and animal grazing, are open to adopting even more powerful regenerative organic practices. And of course these regenerative, climate-friendly, low-tech land-management techniques will also increase yields, reduce rural poverty, conserve water, improve soil health, and prevent erosion. Study after study has shown that small agro-ecological farms significantly out-produce industrial farms - while sequestering carbon.

The solution to climate change, desertification and world hunger is literally in the hands of the world's two-and-a-half billion family farmers - but only if those farmers are supported by conscious consumers and activists, driving public policy, marketplace, and land-use reform on a global scale. This won't happen unless we focus on economic justice and land-use reform. Investments and public funds, local to international, must be shifted from greenhouse gas-polluting factory farms and chemical-drenched genetically engineered crops to regenerative organic farming techniques that benefit small-scale and sustainable farmers, as well as consumers.

Land grabs and "free trade" agreements orchestrated by industrialized nations and multinational corporations must be stopped.

The U.S. and global climate movement desperately

needs a more sophisticated (and international) strategy beyond just pressuring politicians, corporations, bankers, and the White House into shutting down coal plants, fracking and the tar sands pipeline. What we need is a holistic Zero Emissions/Maximum Sequestration strategy that can galvanize a grassroots army of hundreds of millions of small farmers and conscious consumers, not only in the U.S., but globally.

Although millions of misinformed and/or befuddled Americans remain in denial, a critical mass of the body politic is beginning to understand that global warming and climate chaos pose a serious threat to human survival. What they are lacking, however, is a coherent and empowering understanding of what is actually causing global warming, as well as a practical roadmap of how we - individually, collectively and globally - move away from the dangerous precipice where we find ourselves.

The only remaining significant disagreement among informed climate researchers centers on how long we can survive the still-rising 400 ppm of CO<sub>2</sub> in the atmosphere (485 ppm if we include other GHGs such as methane, nitrous oxide, CFCs and black soot). Current consensus seems to be 15-25 years before we reach a "point of no return" whereby climate change morphs into irreversible climate catastrophe.

The hour is late. But we still have time to turn things around by stopping the Carbon Criminals and Earth Destroyers and moving as quickly as possible toward a regenerative farming, ranching, and land use system capable of reversing global warming.



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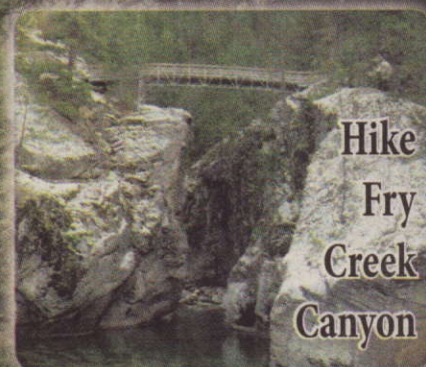
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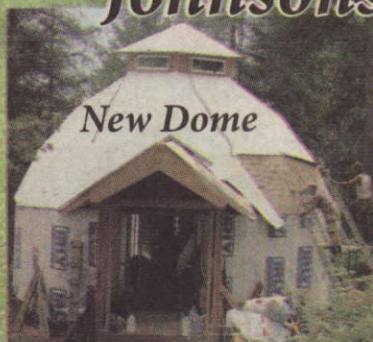
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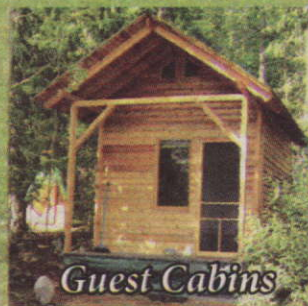
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