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Elfi (Emaya) Dillon-Shaw is a Bodyworker and Somatic Sexuality Educator with many years' experience. She leads sexuality education retreats for women and mixed gender, for single and partnered individuals. Her work includes body, mind and heart and is a "hands on" approach to teaching. Her goal is to help each person to open to their own erotic nature, to enrich their bodily life and enliven their relationship to self and others and life itself. She welcomes clients in her private practise in her community

and also teaches internationally. She has been with the Body-electric School since 1998 and is a faculty member of the Haven Institute on Gabriola Island.

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The cover photo shows Theresa Lee teaching her Planetary Gong workshop in the Group Room of the Retreat Center. I assume you know that everything vibrates, be it a table or a rose. Vibrational energy contributes to our wellbeing, and every thought has a vibration. Be it a low or high vibe, each of us influences the next. As we tune in to the natural harmonics of the Earth, moon, sun and planets, the gongs or



singing bowls resonate the frequency needed to find harmony and balance the energy levels in our bodies. For many, many years, Therese LaForge has brought her crystal bowls to the Naramata festivals. At Johnson's Landing we had both her precious singing bowls and Theresa's Planetary gongs, so it was an uplifting vibrational weekend for all of us.

Since I can no longer rent the Naramata Centre, we decided to split the Spring Festivals into two events, one in Penticton and one at Johnson's Landing Retreat where I live. Richard just completed the inside of the dome, giving us a fourth workshop space. Shatford Centre in Penticton has six rooms for workshops, so in total, the two locations provided the ten workshops that the Naramata Festival was famous for. It feels like the Festival Devas want the magic to continue and even grow as we split it into two venues. Still way too many choices at any given time, but that seems to be the point. How does one choose with so much abundance?

This is my reflection for I am a 7 on the Enneagram, an Epicure who enjoys many tastes and life experiences. A 7's lesson in life, according to the Enneagram, is to stay focused on doing a few things well, which I think I do. This is my 25th year of publishing Issues and 27th year of organizing these very special festivals. I started Issues to promote the Spring Festival of Awareness and network my ideas of wellness. Learning a publishing program in those days was a challenge, but it was made easy by having the right people show up in my life at the right time.

Educating myself and listening to my angels has served me well. As my body ages, it needs more time to recharge. I am slowing down and have found committed people, so the festival continues. Without Marion, my registration lady, the festivals would have stopped a while ago. Sunnaira does a great job overseeing the Healing Oasis in Penticton. Margaret, Rita, Perry and Bernice worked many more hours than expected, setting up and decorating. They also stayed for take-down along with Rhonda and Verna. Even Karen showed up for an hour on Friday afternoon adding her festive touch to the various altars, allowing them to radiate their beauty.

I am thankful that so many enlightened presenters said yes to my invitation to pass along their knowledge via the many workshops. I am thankful to the many volunteers and healers who made the space inviting and to the attendees who make it financially possible ... kisses to you all.

Being at Naramata for 26 years allowed me the opportunity to learn to do it better each time. Renting the Shatford Centre this year took a bit more figuring out, including providing the food. I have noticed that when I complain about something I usually get a chance to do it myself. Over the years I complained about Naramata's spongy bread, bland muffins and mini pizzas, etc., I was told the Centre was a commercial operation and had to buy from their suppliers. The cooks did their best preparing Buddha Salads and other vegetarian dishes and most folks

continues on page 6

STEPS ALONG THE PATH

Under Water

It was a cool mid-morning day in the Elk Valley in the south-east corner of B.C.. My friend Don and I planned on canoeing the white waters of the Elk

River south of Fernie. We had canoed several sections of this river on previous weekend adventures. The section that we chose for today's trip appeared to be relatively easy as the river seemed to widen out and slow down a bit to the South of us.

We took my funky old fiberglass canoe off the roof of the pickup truck and carried it down to the water's edge. I was glad that we were not needing to portage across land with this boat; it was stable in the water, but it was also heavy.

Don and I left the canoe at the river's edge and drove his car and my truck down the river to a spot that would serve as a safe exit point at the end of our journey. We put our extra clothes and supplies into his car and returned to the canoe. The day was only slightly cloudy with lots of sun peeking through to keep us warm on our way down the river.

We put on our life jackets, got our paddles and stepped into the canoe. Today I took the front seat position, which was designed in such a way that I could put my legs under the seat and brace my knees against the sides of the boat. This position gave me lots of stability to pull hard with my paddle and to assist with the steering. We were positioned in a calm back eddy with the river rushing past us about seven feet from the shore.

We pushed off from the shore and entered the swiftly moving water while paddling strongly in the same direction as the river. The next thing that happened will forever be a mystery to me. As the canoe entered the strong current we went out of control and the boat flipped over. In most circumstances this would not be a big deal as we would swim over to the canoe and push it over to the shore. In this case my legs were still stuck under the front seat and I was trapped upside down under water. My natural first instinct was to panic. The river was very clear so I opened my eyes and observed the situation. I could see the bottom of the river rushing by and realized that I needed to concentrate on extracting my legs from the canoe. I had to overcome the resistance from the flowing river that was keeping me stuck in the canoe. I was able to grab the edges of the upside down canoe and pull my legs out from under the seat and swim to the surface of the water. When I came up Don had already grabbed the canoe and started swimming it over to the shore. I caught my breath, thankful to be alive then I assisted in getting the canoe to shore.

Had I stayed in panic mode I would have probably drowned. It was not my fate to die that day, so here I am continuing on the journey of life one footstep at a time.

Namaste Richard





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Musings continued from page 4

appreciated whatever was served, but I wanted better quality. This year, I got the opportunity to provide food the way I wanted it. I served lots of our home-grown, organic squash and potatoes, along with bread from the Kaslo Sourdough Bakery, who fresh-grind the wheat to make flour and Just Pies famous rice bread. As I drove from the Kootenays to Penticton, I stopped at roadside stands and bought over 30 dozen fresh chicken eggs. It was a pleasure working with cooks who love preparing nutritious meals that use few dairy ingredients. Seeds, nuts, eggs and hemp hearts provided the protein.

Creating a functional Healing Oasis was like creating a sand mandala. After it is enjoyed, it is destroyed. My crew arranged the artists' easels that were in the room into several rows. We adjusted the wood braces so they were six feet in the air and placed electrical conduit on the braces to hold the curtains. In this way, we were able to divide the large room into separate massage rooms. see *photo to left*

I bought smaller tables for the Angel Altars as their Great Hall is not as large as Naramata's. I had stopped dragging the heavier crystals and statues from Johnson's Landing some time ago, and with smaller tables, the medium-sized crystals were perfect. Crystals are conduits for vibrational currents, which is why they are used in computers. They are beautiful and as important as the flowers that grace our Earth. The Quan Yin and Buddha tables were in the hallway and the main altar was at the top of the entrance stairs. Both jesters enjoyed the bright lights and connected with the many souls seeking enlightenment. If you would like to see pictures of the event, turn to page 23 in the flip or back portion of this magazine.

Next year we will be ready to expand a bit more, but I was happy with the number of attendees for both festivals. From now on, the Spring Festival in Penticton will be on the first weekend in May and the Wise Women's Festival will take place on the first weekend in October. At Johnson's Landing, the Spring Festival will happen on the second weekend in May, and Wise Women's on the last weekend in August. I have also created a summer festival called the Rejuvenation Festival that will happen July 24-26 this year. Details on the flip side.

The Shatford Centre used to be Pen High, the old high school. It feels like a national treasure, like Naramata Centre used to be. Instead of it being ripped down, a group of dedicated individuals are making good use of it. Soon the commercial kitchen will be complete, which means that local growers will be able to make products that can be sold because they are produced in a legal setting. It is good that the people of Penticton claimed the building for the common good. Learning to share our resources makes us sustainable as a culture and provides more than mere profit.

At Johnson's Landing, we welcome community-minded people year-round and I was delighted when many people arrived just in time to unpack my van from the Penticton festival. I wasn't sure we needed that much help, but I trusted that my angels know best and in the end, it was perfect. They readied the back kitchen, cleaned counters and moved the couch and carpets so the front room could be turned

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into a large dining area. Richard completed the dome just in time so that Bernadette could wash the wood floor. Alannah cleaned cabins and made beds, Kate and Jordon cooked. Doug, who lived here many years ago, hooked up the new water system in the campground and did other vital chores. Danny mowed the lawns and put sawdust in the outhouses while Francis continued to put a deck on our new gazebo. Even Barbara and her baby showed up to greet the guests and instructors. Earlier in the year, my son Dale installed solar systems for both the dome and the campground.

I feel deep gratitude for the 40 people - instructors, healers, participants and volunteers - who showed up to allow the magic to happen at the Johnson's Landing event. The Planetary gongs were the hit of the day for me. I could feel the power vibrate through me, which allowed me to get up early and stay up late. I even participated in Saturday night entertainment, signing a favourite song, Ghost Riders. The words seem so apropos: change your ways or with us you will ride.

My ride feels like a loaded toboggan zooming in the air after the last bump. Life continues to be eventful as Richard and I share our journey, connecting with so many like-minded people. I hope you will come and check out our Labyrinth and newly completed dome, with or without a festival.





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EMOTIONS

by Kathie Straker, CBP

Emotions can be like our personal guide. Although we often want to hide from them, we should in fact use them, listen to them, be open to them. They are the root to deep insight. Every experience in life has an emotional component. Whenever possible, try to check in with your emotions and ask"how do I feel?" This can help us express our emotions, and quite possibly, since we've taken the time to ask and listen for an answer, allow us to express them in a practical way instead of over reacting. This then will allow our emotions to move as they are meant to do, instead of our emotions holding us back or keeping us stuck.

Our emotions come from the deeper part of our consciousness. Our conscious or reasoning logical mind can be helpful as it allows us to weigh the pros and cons of a situation, but it can also cause us to become indecisive. Sometimes it can get in the way of our innate intelligence. It can be helpful to ask ourselves why we feel a certain way. This allows us to tune in to our subconscious mind or our heart which may allow us to see or feel more clearly.

Our emotions can help us connect with our spirit. They can let us know if we're on track with our desires or not. Our emotions are more reliable than our thinking, logical mind. It's important to remember that we cannot be our emotions. Instead we become aware of our emotions. Neither are we our behaviours when we overreact. Our behaviours are just ways in which we act or live in any moment when we may not have the answer we need at that moment.

When we are consciously aware of our emotions, we can trust them to bring us to our true self or to that which we desire. Sometimes though, we're unable to do this. Sometimes life becomes uncomfortable or dramatic. The tendency then can be to push our emotions down or to deny them. They can then become stuck in our body which can lead to illness and disease. When life becomes uncomfortable or dramatic, try to take practical action. You might remove yourself from the situation. You might do something to calm, nurture or support yourself like go for a walk, meditate, soak in a spa bath, get a massage, listen to some music or - contact me through my website: www.bodyintune.bjz.

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Pain Management by Jian Xiao

Acute and chronic pain syndromes, as some of society's most costly health problems, have an enormous impact on individual, national, and global levels. In the United States, chronic pain is the third most common health-care problem, behind heart disease and cancer, with the combined annual costs of lost work days, doctor visits, hospital stays, pain-reducing drugs, and disability totaling an estimated \$100 billion.

Long-lasting pain often creates a chronic pain cycle: pain, lack of exercise, limited physical activity, chronic fatigue, stress, depression, muscle tension, tightness, cramping, sensitive nerves, and again, pain. Patients suffer from this pain cycle. Some patients even feel that their quality of life changes completely due to a chronic pain condition.

According to Traditional Chinese Medicine (TCM), nothing in the human body can function independently. Pain is the body's warning alarm. It tells you something is wrong. If you ignore your body's alarm, similar to the fire alarm in your house, severe problems can form soon.

Human body functions are dependent on the life force energy-Qi. Qi and blood flow through the meridian system, nourishing and protecting body tissues and helping them maintain their functions. If, however, the body is beset with disease or injury, normal pathological symptoms will appear and affect the organs and meridian. Once the meridian is blocked, the Qi and blood are not able to move along smoothly. As a result, the affected area will not be able to get enough nutrition. In response, the patient feels pain, tingling, stiffness, bloating, or numbness. Hence the old TCM saying, "There is a blockage, there is pain. Otherwise, there is no pain."

The meridian system is just like a network. Each meridian is connected with a specific organ. The organ damage may show up from the meridian, and the local blockage of the meridian can affect the internal organ as well. That is why in TCM, when treating a pain condition, the doctor will not usually only focus on just the local pain, but also (and sometimes more important) work to rebalance and harmonize the whole body.

Meridian blockage can be caused by external reasons such as excessive cold, wind, dampness, dryness, fire (heat) or injury. It also can be caused by emotional change such as anger, sadness, fear, stress, depression, as well as an internal organ deficiency or malfunction. Figuring out what exactly is the cause of the pain and which meridian is blocked is extremely important in treating pain. Generally speaking, relieving blood and Qi stagnancy, balancing the energy, nourishing the tissue, increasing circulation, and building up deficient organs are all ways that TCM treats pain. Acupuncture can be used to correct the flow of Qi. Herbal medicine can be used to reestablish and balance Qi, blood and moisture in organ networks, in order to avert pathological factors.

Clinical studies support that acupuncture is an effective modality in the treatment of almost all kinds of pain conditions, including: migraines, neuralgia, neck and back pain, herniated disc, TMJ, tennis elbow, carpal tunnel syndrome, tendonitis, bursitis, arthritis, shoulder pain, fibromyalgia, dysmenorrheal, osteoporosis, sports and other injuries, surgical pain and even cancer pain. Researchers have discovered beneficial immune and endocrine alterations following acupuncture treatment. Acupuncture may actually help prevent pain by acting on the sympathetic nervous system and by stimulating the body to produce biochemical substances, such as endorphins, to help reduce pain.

Chinese herbs for pain treatment are often used as formulas. According to the patient's condition, many herbs are put together like a group to enhance the power of the treatment and reduce the side effects. Some herbs have analgesic properties, and many of them are extremely potent. Herbal medicine can be used internally as well as externally. They are typically taken in the form of tea, capsules or concentrated powder. *See ad to left, Marketplace, page 10*



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A BETTER PAST

by Wayne Still

From an early age I was subjected to treatment which gave me the self-image of someone who was being victimized. As an adult I continued to experience discrimination both on a personal basis and in general by the corporate structure under which we live. At times I experienced bouts of depression as a result of these experiences. Thankfully the depressions ended after I started to receive Structural Integration work. However a mental habit I started when I was young, where I would construct scenarios in which I was able to successfully deal with my victimizers, was not something which I was able to get out of my head. Over time it took on aspects of post traumatic stress disorder. Far from bringing any relief from my feeling of being a victim, it continuously reinforced that feeling. This of course was quite stressful in itself and brought on a lot of feelings of unhappiness.

Sometime in the just passed month of February I was listening to the CBC. I don't remember which program it was or the name of the guest who was being interviewed. He was an elderly psychiatrist with more than fifty years of clinical experience. He was asked if there was one thing which he had learned from his years of experience. His response was that in order to find peace of mind one had to stop hoping for a better past, focus on the present and your dreams for the future. For me it was a life-changing moment.

Since then whenever my mind goes to one of the traumatic experiences and the inner dialogue begins, I recognize it as hoping for a better past. With that hook to hang it on I am able stop the chatter and get back to enjoying the present. I repeat to myself that yesterday is history, tomorrow a dream and today a gift, that's why it is called the present. Life is now much less stressful, I enjoy whatever I happen to be doing at the time without being drawn back into a past which is history and cannot be changed.

That was a life-changing moment for me. As a bodyworker I have the privilege to participate in life-changing moments with my clients. Women and men who have been in pain find relief from the pain through the experience of Structural Integration. The experience comes from the functional methods I learned through my basic training and continuing education. The methods of communicating with my clients' bodies which I first learned were rather strenuous both for the client and me. So I was pleased to learn gentler methods when I began to learn Visceral Manipulation. The functional methods I now use were developed by osteopaths over the past century and are being continuously refined. This year I am taking a four-module course in which the methods I originally learned are reviewed and enhanced with refinements the teacher has learned over the intervening years. The course is stimulating as I learn new ways to evaluate the client's issues. A tap on the head has an echo in the body showing me where I should first work in order to begin to unwind the stressors creating the problem which brought the client to my work table.

Whether our trauma is emotional or physical, the trauma is in the past. There is no way we can hope our history will ever be better. What we can do is find a way to live in the present. There are methods to make our future better. When we use them they work.



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'Love' is What Happens

by Lynne Gordon-Mündel

Children remind us of our own deeper questions, questions that may have become submerged in the activities of day by day life – questions like: "Where did I come from?"

Do you know where you came from? Did you begin when your body was conceived, or born? Or did you exist somehow prior to your conception? Do you remember? If you do not know, do you accept what you have heard from others, or do you continue to wonder? Are you still in touch with what you wondered about when you were a child, or have you given up inquiring? Have you even forgotten that you wondered?

Throughout the ages, there have been many who have spoken of experiences beyond ordinary consciousness – beyond the experiences of the five senses. The mystics, the prophets, the saints, the awakened ones, have urged humanity to look beyond mental and emotional constraints, beyond habits of their current culture. For centuries they have invited us to open to awareness transcending the body/ mind. They have mapped out pathways that can lead us toward direct experience of dimensions prior to what they refer to as the illusion within which we confine ourselves.

When we speak about dimensions of possibility beyond what we can see, hear, touch or know in ordinary consciousness, how do we refer to That? We hear about Divine Light, Great Spirit, The Universe, Source, Creator – so many names, but all refer to an object – something separate from ourselves, some thing or person. We objectify that which we cannot see, hear, touch or comprehend with ordinary consciousness. How do we refer to something that is not a thing, not an object?

How do we refer to dimensions prior to the reality within which we are currently living without turning such mystery into an object? Actually, we cannot. It is impossible.

But we can live toward 'lt'.

What does that mean ... to live toward 'lt'?

We can live toward the experience spoken of by the Masters by allowing ourselves to love. And here is another word that has been overused, misused and sloppily used - the word love. Love can seem to refer to a good feeling - a feeling about another person, thing, activity or circumstance. We love him or her; we love books, skiing, sunsets, applause. Notice, however, that all of this is about your separate, ego-self. It's about feeling good about something external to itself. An ego loving something external and separate is not the Love the Masters speak of. They have been telling us for centuries that Love is what happens when ego - the illusion of self as separate from the All - relaxes

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and does not dominate our experience. There is a state of consciousness, to which we have access, where the illusion of separation dissolves and we experience ourselves as One Indivisible Whole. What we then call Love is what happens when we allow the boundaries established by our egos to fall away and we receive the moment from a realization of non-separation. We let the moment, or the person 'in'. In allowing life, 'in' moment by moment, we clear a pathway toward that which is beyond ordinary awareness and is variously spoken of as The Divine, Universal Energy, The Light, God. When we allow our egos to be melted away by Love, the parameters of our belief systems change and we evolve.

In any moment, life is offering us exactly what we need in order to know ever more deeply that which cannot be comprehended with our minds or known with five senses. By allowing ourselves to be melted by Love, we become available to those moments – all moments. We open ourselves to that which can be known only through direct experience. *see ad below*



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Living Your Dream Life

by Florence Rita Rickards

"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics." ~ Albert Einstein

Your present reality is determined by your frequency. Therefore if you want to live your Dream Life - a life you would love living, you must match the frequency. Think of your frequency as a radio station. With a radio station, the channel you tune into is the frequency of that channel, that station. And that particular station broadcasts certain programming. Unless you tune in to the right station, you will not get the music you want. For example, if you tune to 101.5 - you get Country and Western – you don't get Classic Rock or Easy Listening! It is the same with the TV. If you put your TV on the CNN channel, you get CNN – Constantly Negative News! You don't get the Discovery Channel.

Your thoughts together with your feelings determine your frequency - your vibratory level. If you are wondering what your major dominant frequency is, look at the results – your current conditions. You cannot, not create. You are always creating with your thoughts and feelings. You cannot, not attract. This Law of Attraction/Law of Vibration works all the time! Hence, your frequency attracts your reality. If you want to create something different, something new, you need to tune to a different frequency. You need to think and act differently and vibrate at a different frequency. Albert Einstein said, "Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."

The good news is that you get to choose. You might ask, "How am I going to stay on the frequency long enough to realize my vision? Often we access the frequency for a short period of time and then our mind goes to thoughts of fear, doubt worry: I can't because I am not educated enough; young enough; good enough; because I don't have the money; and on and on goes the list of becauses. People generally believe in the power of their conditions, but the power breathing you is greater than any circumstance or condition you could ever face!

So your job is to notice what you are thinking and feeling and then put your thoughts and feelings on your vision, the life you would love living, and then stay on that frequency as much as possible. As you learn to fiddle with the dial of your own thinking, you will begin to notice what you are thinking. Then as soon as you realize you have wandered off 88.5 onto 101.9 you can get back on to 88.5.

Learning to control our thinking and our feelings – our frequency, is like tethering a monkey. But, did you know that the space shuttle spends 97% of its time off course, yet it can land on the moon with accuracy. That is because it is constantly correcting itself. We can do the same thing. It is not about not making mistakes, it's about getting back on course. The good news is that YOU CAN DO IT! You can notice what you are thinking, hit the pause button, correct, and like the space shuttle, get back on course.

Here are 6 steps that will help you get in alignment and stay on course to the life you would love to live. If you do these steps on a consistent basis you will become a magnet for your dream life!

1. Visualize – or picture in your mind a clear picture of what you would love to create. Clarity is key! Ask yourself to become even more clear. Remember, it is the START that stops most people. So, if you are not sure what you *want*, start by listing what you *don't want* and that will help identify what you do want.

2. Sensorize – or bring your five senses: see, hear, touch, taste, and smell, into the experience. What does your Dream smell like? Smell is a little used tool that has amazing frequency producing power. What does your Dream sound like? What does it feel like? What's in your hands? What are you touching? What does your dream

taste like? Perhaps there is a meal you are enjoying in a favorite city in a particular country as you fulfill your dream. Visualize a moment that represents your dream. Get into the emotional state of your vision and impress your vision upon your mind.

3. Emotionalize - Our feelings are simply frequencies that we broadcast. Your vision will activate your heart centre. Begin with the end in mind (reverse imagery). See yourself getting a 10, winning the medal, delivering the talk, see the crowd cheering and feel the elation, the happiness, the joy or excitement. Feel to the core of your being, the thrill of knowing that you did it!

4. Memorize - Once you have completed practice #3, memorize the frequency/vibration. How? Repetition gains recognition. This is where the rubber meets the road. Repeating over and over step #3 till the feeling is anchored in your being! Repeating and holding the frequency longer makes a difference!

5. Stabilize - We cannot go through life without dealing with some tough challenges, some bumps in the road that throw us off course. Just remember the shuttle to the moon is constantly correcting itself.

6. Actionize - Ask yourself, what quick, confident action can I take right now that will build momentum - something you know you can do well and will succeed at, something that will be a win for you? The first throw of the football game is not an 80 yard throw. It is a short confident action to build confidence and momentum. One small action a day, doing what you can, with what you have, can go a long way to creating success!

The life you would love is seeking to be expressed by you! Don't settle for inspiration. Inspiration without action is merely entertainment. It is in the action that you make it yours. By practising these six steps on a consistent basis you will become a magnet for your dream! See ad to right

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The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

This recipe is a recent addition to our list of culinary offerings that we serve to large groups. We received lots of positive feedback on how tasty it was, so I would like to share it. Being grain and vegetable-based this loaf is hearty and yet very tasty with the spices. You can easily increase quantities to serve a large number of guests. We serve one pan spicy and one pan not. It is easily frozen for later use. When reheating, put tin foil over the loaf so it does not dry out, and serve with a yeast gravy. Richard



Rice, Millet and Carrot Loaf Serves 10-12

Ingredients:

- cup Brown Rice
 cup Millet
 & 1/4 cups Hot Vegetable Broth-or-Water
 large Onion chopped
 4 cloves of Garlic crushed
 4 Celery stalks chopped fine
 4 cups grated Carrot
 1/2 to 1 cup Hot Water
- 2 Tbs. Olive Oil -or- Coconut Oil
 1/3 Cup finely chopped Parsley
 4 Tbs. Nutritional Yeast
 1 tsp Paprika
 2 tsp each Coriander & Cumin
 2 tsp. Salt Pepper to taste
 2-3 tsp Curry Powder
 4 Eggs (see options for fluffier loaf)

Directions:

- Mix 1 cup of rice and 1 cup of millet in a medium pot and heat, stirring frequently, until fragrant.

Preheat the oven to 350°F.

- Pour in 4 & 1/4 cups of hot vegetable broth or water some salt, bring to a boil. Cover simmer on low heat until done, (35-45 minutes... do not stir).

- Cook the onions, celery, carrots in a heavy 10 inch skillet with a 1 cup of water until tender.

- After the vegetables are cooked add the garlic and curry powder, cook another 2 or 3 minutes.

- Add the oil and the rest of ingredients, including fresh parsley, spices and yeast.

- Stir the vegetable mix into the rice and millet.
- Lastly add the beaten eggs (see Options).

- Pour into a greased 10 x 15 inch baking pan or two 8 x 8 cake pans or 4 loaf pans. Bake uncovered for 1 hour or until the loaf is brown and firm to the touch.

Freeze some for later if you are not serving a large group.



OPTION: For a lighter fluffier loaf...

Eggs - Mix the yolks and stir in the vegetable mix. Whip the egg whites and fold it in just before the batter goes into the oiled pan.

OPTION: For a spicy loaf add extra 2-3 teaspoons of curry powder or hot sauce.

OPTION: For more protein you can substitute some lentils for part of the grains or stir in nuts or hemp hearts.

Utensils: 1 heavy 10 inch skillet • 1 medium sized pot • knife & cutting board • measuring cups and spoons • A pot or kettle to boil water • garlic press • mixing bowl • rubber spatula • egg whisk -or- electric mixer • loaf or baking pans

There is No Doing, Just Seeing

by Loretta Locke

What is awakening? Is it what we strive for knowingly or unknowingly? Does it help if I discipline myself, meditate, eat healthy, help others in my community? Would that increase my chances of awakening? For a long time I thought so.

My path took me through-several stages of a spiritual quest beginning with a serious plunge into religion. I later spent a decade with esoteric practices, countless self-betterment workshops, a year-long healing course and more. After each initial high I still felt like I didn't know enough. I was accumulating knowledge but felt like a hamster on a wheel.

As a single, working mother of two children I avoided seeing or feeling anything unpleasant and wasn't even aware of it. I fell into a deep sleep and lived in a self-created 'Okayland.'

I thought of myself as spiritual, but often went through highs and lows. I then discovered Satsang and knew it was the answer to my longing for the Truth. In 2011 I met Gurpreet. Her humility and deep-seeing blew me away. She identified my 'Okayland' and helped me see what was really going on. I now know that awakening is not about feeling good. I am learning to go into my pain instead of projecting it outwards to protect myself.

Everything, absolutely everything on the surface is an invitation to go deeper into my own wound. All the split-off, dark and unpleasant parts are gradually surfacing to be integrated. This is often painful and uncomfortable. Gurpreet gently guides me to welcome these parts in a delightful way.

There is no doing, just Seeing. Seeing without judgment or involvement. If judgment comes up, it too is just seen. Patterns open up and this allows a deeper Seeing. I am now perceiving myself with different eyes. My artificial, unnatural behaviour is becoming visible, as well as the effort it takes to maintain it. In this process I feel vulnerable as I don't know what's next. Instead of trying to understand and taking care of everything with my mind, more trust is slowly emerging. The heart's voice is very quiet. If I create a lot of noise, I cannot hear it.

The road to freedom is not a feel-good program. Nothing on this path is the way I thought it would be. My mind cannot understand this. I need the guidance of a selfless, enlightened teacher. Gurpreet tells us that the possibility of waking up is for everyone. She is giving herself so we can awaken. "Why postpone?" she says.

I have learned not to fool myself. Every time I choose to project and blame my partner or anyone else for my misery I am wasting precious time. Taking responsibility can be challenging, yet if in that moment I remain in my heart and honestly stay in the pain, something opens up and a softening happens. The path is becoming sweeter, the longing stronger as I consciously go into the pain. I feel deeply blessed to have found such a rare, pure teacher as Gurpreet. *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 Satsangs attendees may sit in connection with Gurpreet. Sitting in connection you will receive personalized guidance based on your own open willingness.

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Is there life after death?

by Hannelore

"When the heart weeps for what it has lost, the soul laughs for what it has found." ~ Sufi aphorism

Watching a loved one suffer through illness, and/or losing a loved one through death may be the most difficult and painful experience we will ever endure. One cannot put a time frame on the grieving process. Each of us moves through it at our own pace.

With every death, however, there is a gift - one that reinforces that life_is eternal. The sun never sets on the soul and when we live in the faith and trust that our spiritual path requires, we are able to open to messages from other dimensions – to realize for certain that life doesn't end with death. We simply shed our human garment and the part of us that is the essence of who we are goes on forever, and it is the love that endures.

No matter how strong one's faith may be, losing a loved one hurts one's heart – deeply – and we sometimes wonder if we can ever be whole again.

I remember how difficult it was when my father passed on. His death was tremendously painful for me. I believed I would never again smile let alone laugh. My heart was aching and very heavy. Everything seemed dark and dismal.

While I continued to teach classes, I found it too difficult to offer private sessions. I felt too vulnerable. I didn't want

another individual to see or feel my pain. After a time, and with great resistance, I conceded and began to again accept one-on-one appointments. My first three appointments were individuals grieving the loss of a parent! A coincidence? No. God/Source brings to us those who will be mirrors for our own pain so that we have a greater opportunity to heal. As I counseled these clients, I discovered that I was in fact counseling myself. It was like I had God/Source by my side whispering in my ear, "Listen to what you are saying Hannelore."

As the pain eased in my client, the pain in my own heart eased. Since my father passed, I have been blessed with many signs. In fact – just as I wrote these very words an eagle swooped down no more than 10 feet away and flew right in front of my window! I have learned to trust these signs. When they make me think of my father, I know that they are gifts from him – and I whisper, "Thank you, Dad."

Hannlore is an Instructor at Wise Women's

Brenda Lainof CECP CBCP

Brenda Lainof is a Certified Medical Intuitive Practitioner and incorporates her Certification as a Body Code, Emotion Code, Higher Purpose Practitioner as well as many other modalities. Through a process called muscle testing, physical and emotional blocks are identified. Once identified a process begins that assists

the body to self-heal. Brenda works in private sessions with clients throughout the world providing remote healing via Skype or phone; designed specifically for the individual.

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For further information, contact Brenda Lainof at: lainofbrenda49@gmail.com www.facebook.com/intuitivehealer2012 • www.twitter.com/Blainof

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ONENESS An Invitation to Heal

To heal the body, one must first heal the mind. ~ Plato.

by Deborah Doiron

I was sitting in my office after the last client had gone for the day. I swung my chair around and looked at the mountain outside my window as the sun was setting behind it and gratitude filled my soul. I had been blessed with such a good life. Yes, there were many, many lessons; some joyous, some painful, but I was here in a state of bliss as I admired nature.

All of a sudden I felt my crown chakra open up and information streamed in. Once downloaded I tried to make sense of it, then asked spirit, "What am I supposed to do with this and why me?"

We had just completed building a house in Panama, Central America, and were ready to move there permanently. My husband's father was then diagnosed with lung cancer, so instead we moved to Ontario.

A year later, as I was waking up I heard the name Oneness and saw numbers 1 - 8 with the 8 being an infinity sign. Of course I did not understand how this could relate to what was presently happening in my life, so I dismissed it. Two days later, the same exact message! I have now learned that Spirit speaks to me first thing in the morning just before I wake up, so I write it down immediately. If I go back to sleep, it is gone.

On my way to Panama for the winter I took my case of 75 essential oils, so I could fend off any illness. When asked in Spanish what it was I did, I said *Doctor of Aromatherapy*. That got me through customs for the next three years.

That winter I had lots of time to journal and experience many of the oils and realized that not only did they smell wonderful they were medicinal. Then I noticed what they were doing for my mind! I had read this statement many times *"To heal the body, one must first heal the mind"* by Plato.

I did not comprehend the depth of this statement until I researched the effects of essential oils and the mind. Did you know the mind can store painful events in the subconscious called a 'pain' file? What essential oils do is gently bring up the pain file for you to look at it and ask "Is this relevant to my growth and happiness.?" Right behind that file is another labelled 'Yes, That Happened To Me.' Once re-filed from an emotional file to a factual file, you can then move towards your purpose and a life of gratitude.

I came back from Panama with numerous journals, eight blends of oils and a clear understanding of what Spirit's message meant. I now trust the knowledge of what was gifted to me and have been teaching the course Oneness: An Invitation to Heal for the past four years with amazing results for myself and my students. Trusting Spirit has been a great lesson for me. I now wake up ready to accept any assignment I am given! see ad to right

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body, you must first

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Is it possible to create big, sustainable companies?

The vast majority of corporations today have a business model that relies on fossil fuels and non-renewable resources. Genuinely sustainable solutions such as solar concentrators, micro-hydro, annualized geo solar, are small scale or local.

I have been interested in following the work of Elon Musk. He is an extremely successful entrepreneur who created the companies SolarCity and Tesla Motors. Those companies are making genuine steps forward in the direction of real sustainability.

SolarCity has been the leading provider of residential solar power in California since 2007, its first full year of operation, according to the database kept by the California Solar Initiative and was the number one residential solar installer in the U.S. in 2013, according to GTM Research. In 2013, Solar Power World magazine listed SolarCity as the No. 2 overall solar installation company in the U.S.

SolarCity began more actively providing solar services to business, government, and non-profit customers in 2010. In May 2008, the company completed what was, at the time, the largest commercial solar installation in San Jose on the North Campus of eBay. In July, SolarCity completed what was then then the largest commercial solar installation in San Francisco, for British Motors, consisting of 1,606 solar photovoltaic panels. SolarCity introduced new financing options for businesses in 2009 and has built multiple solar projects for other large organizations including Walmart Intel, and the U.S. military. On March 21, 2013 SolarCity announced that it would open a new location in Nevada in cooperation with state government.



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by Antony Chauvet

Profile

Tesla Motors intends to spark the public's passion and eco-conscience for electric vehicles. Founded in 2003, the company designs, manufactures, and markets high-performance electric cars and powertrain components. Tesla's stylish Roadster is its flagship model, which the company continues to upgrade. The fuelefficient, fully electric vehicle recharges its lithium-ion batteries from an outlet, and, depending on a driver's speed, is capable of 245 miles per charge. Tesla's second vehicle, the Model S sedan, is a four-door, five-passenger premium sedan that offers many of the electric powertrain innovations introduced with the Roadster.

Musk is chairman of the Musk Foundation. which focuses its philanthropic efforts on clean energy. In 2010, the foundation created a program focused on donating solarpower systems for critical needs in disaster areas. The first such solar-power installation was donated to a hurricane response center in Alabama that had been neglected by state and federal aid. To make it clear that this program was not serving Musk's own commercial interests, SolarCity noted that it had no presence or planned business activity in that state. In a 2011 a visit to Soma City in Fukushima, Japan, which had been devastated by a tsunami, Musk donated a solar power project valued at \$250,000 to the city.

The amazingly successful career of entrepreneur Elon Musk inspires me to believe that it is possible to create great companies that provide a genuine sustainability service to society. We will need many more people like him to transition to a new era and economy.



The Way Of Alive

Christ Is Not A Christian S/He Is Alive And You Are Free

Anna Michael Krista

reviewed by Christina Drummond

Book will be launched on Amazon.com soon Two B.C. Writers Book Reviews

Laying the Children's Ghosts to Rest

Canada's Home Children in the West

Sean Arthur Joyce

reviewed by Angele Ortega



Anna Michael begins by telling us she is not crazy, a refreshing start to a book such as this – a book which is the truth of her experience. She does not expect it to be the truth of your experience, but does ask that you test her words with "the litmus of pure truth, beauty and goodness." As she points out, she is not simply channeling Anna and Michael, but is also their responsible co-creator, actively involved in creating the dream and living it with them.

I feel it is important to provide you with Anna Michael's statements at the beginning of the book, for these are the foundation of your understanding of this work:

- · There is a feminine Christ named Anna, our Divine Mother Creator.
- · Jesus was the incarnated Father Creator of this universe. His name is Michael.
- · I am not only channelling these two beings but am actually embodying them.
- You too are invited to embody I AM: Anna and Michael Christ.
- Embodying them is the way to co-save our planet.

Many of you will have your own concept of the Divine, and it is with that personal concept you are asked to explore this journey of hers. She does so with frankness, with an openness which must be admired, and with vulnerability, essential to any work of personal truth. She recounts her travels, conversations, thoughts and experiences with such detail and probity, I felt as though it would be simple to just step in and become a part of the picture.

I didn't know what to expect when I began reading this book, and soon found myself sitting up late to find out what came next. If your experience of channeling has been a flow of verbosity, where not much actually gets said, you will be pleased to find this work compelling and absorbing indeed. As an end note, I have to say that the avid dog-lover in me particularly likes the author's aside that the "ultimate instruction" of this book is to "love like a new puppy, even though life happens." Between 1869 and 1949, more than 100,000 children were rounded up from the streets of Britain to be used as labourers on Canadian farms. After Joyce learned he was a descendant of one of these young men, he spent seven years researching, looking for ghosts of his past. This soulful books searches deep into this deed and reflects back how we have shaped ourselves as a society. In the last chapter Joyce muses over many ideals and problems of child labour that still exist. He says we are walking history, and our DNA is more than the sum of our physical parts-with it we inherit ancestral memory, culture, and the unresolved trauma of the past. The responsible thing to do personally is to uncover the secrets and do our own healing work. The responsible thing for a nation to do is to make amends to the victims.

I liked his comparison of any organization, that with the best of intentions, they often go off track. He concludes that most ideas begin in spirit or a dream, but to manifest the dream one must build a ship to cross the choppy waters, and bring the children to safety. At which point does the vessel become the goal? If too much is invested in the vessel how easy it is to lose sight of the original good intention.

Will humanity one day get beyond the need for slaves to build empires?



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Sound Therapy

by Theresa Lee

"There will come a time when a diseased condition will not be described as it is today by physicians and psychologists, but it will be spoken in musical terms, as one would speak of a piano that was out of tune." ~ Rudolph Steiner

Sound has been used for healing, ceremony and ritual in every culture and every mythology throughout history. Many creation myths talk about the earth being sounded into existence. Whether by the sound of the didgeridoo, the chanting of Ohm, or the spoken word we find reference to the power of sound from the beginning of time. After all, we are vibrational beings. Every bone, organ and cell in our body has its own resonant frequency. As we begin to feel ourselves as vibratory beings, we begin to hear our own vibratory signature. We may even notice when we become out of tune. Using sound intentionally can bring balance and harmony to our mind, body and spirit.

Listening to the planetary gongs and Tibetan singing bowls during a harmonic attunement or gong meditation allows us to easily reach heightened states of awareness. The rich harmonic overtones and unpredictability of the gongs and singing bowls allow us to move from Beta to Theta and sometimes even into Delta brain wave states. Healing occurs best when the rational mind is quiet. Imagine the sound waves as a pebble hitting the surface of the water. With each hit of the gong the ripple expands outward, reaching and touching everything, everywhere.

When we are bathed in sound, our cells remember. As we begin to relax the heart rate slows and the breath deepens. We may feel sensations in our body that are new to us. After a sound healing session we often feel renewed, energized, and released from physical or emotional pain. We begin to feel whole and allow a shift in consciousness to happen more easily.

Today we see a growing acceptance of sound-based therapy in hospitals, clinics and institutions around the world. Ultrasound is used as a diagnostic tool, bouncing sound waves off body parts to create images. High Intensity focused ultrasound (HIFU) is now being used to destroy uterine fibroids and prostate cancer. Tuning forks are used to detect bone fractures. Lithotripsy, uses shock waves to break up stones in the kidney, bladder and gallbladder. Music is being played during surgery in hospitals and nursing homes to speed recovery. Harps are played to help people pass over to the other side and the Tibetan Singing Bowls are now being used in cancer wards and the list continues to grow as the miracles of sound continue.

Welcome to PaulHellyerWeb.com

At 90, former Canadian Cabinet Minister Paul Hellyer is still active and deeply engaged in a wide variety of world issues, the most urgent of which is the world monetary and financial system.

This website was created to inform and educate visitors on the Honourable Paul T. Hellyer's writings and events.

Theresa Lee & Zora Doval live on the East Shore of Kootenay Lake and will present at both Wise Women Festivals. Johnson's Landing • Aug. 28-30 Penticton • October 2-4.



The Art of Rejuvenation in Ayurveda

by Zora Doval

The ancient texts of Ayurveda state that every human being wishes to live a long and prosperous life. We want to live a life of fulfilment and only depart when we are "satiated and ripe" with life's experiences. Yet many people live an unfulfilled life in poverty, struggle, disease and suffering. Even those who live long may not necessarily enjoy the quality of their lives.

Ayurvedic tradition recognizes that aging is a natural process. Not only that: sensory perception and mental abilities also suffer from the advancing age. As my teacher of Ayurveda Dr. Lad often said "Nothing wants to die. Even if we see people and friends around us dying, in the depth of our hearts we still hope that we would be spared and exempt. We have this feeling of somehow being immortal."

Ayurveda maintains that the aging process can be slowed down and altered. We can add years and quality to our life. Ayurvedic texts describe many methods to prolong human life. An entire branch called rasayana, has been developed to this end. Some techniques should be done under supervision of a skilled practitioner; however, many can be done in a home setting. The results can be stunning. After just 2-3 weeks of an Ayurvedic cleanse in a clinical setting, people may appear 5 - 10 years younger, with increased stamina and improved health.

Regular seasonal cleanses are a good start towards deeper rejuvenation. More radical methods of rejuvenation are available to those with a serious interest. Herbal massage oils, wraps and appropriate diet are a good start. We also learn to meditate and empty the mind of its 'trash.' It is good to be aware that rejuvenation is best started when a person is young, ideally before one reaches thirty. It is more difficult to rejuvenate after one's life force has been depleted because of passions and vices.

I will lead two workshops on the subject of rejuvenation during the Rejuvenation Festival at the Johnson's Landing Retreat, July 24-26. Although it is impossible to fit this vast subject into two short time slots, I will do my best to give as detailed an outline of the process as is possible. During the first workshop I will explain the process of an Ayurvedic cleanse that always precedes rejuvenation and tonification. During the second workshop I will present the actual process of rejuvenating the body and mind using Ayurvedic methods. We will learn about the herbal supplements used in Ayurvedic clinics for cleansing both body and mind, and the healing diet. We will talk about the five cleansing procedures of classical Ayurveda called Panchakarma in Sanskrit. We will distinguish which ones can be performed at home and which ones should only be attempted under supervision. We will talk about herbal tonics used in Ayurveda to strengthen the organism after it has been cleansed.

it has been cleansed. It is not difficult to have success with rejuvenative therapies if we remain positive, patient and consistent. It is possible to rejuvenate to such an extent that people reclaim their youthfulness with their health improving. Vedic tradition believes that human beings have a much greater potential than is believed. We have the power to transform ourselves and heal our diseases and live lives of beauty, health and harmony. If you are interested in deep rejuvenation but cannot attend the Rejuvenation Festival, you may consider joining us for the fall cleanse in October. Inquire at 250.227.9434 or 250.777.1856. See ad to the right.



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Johnson's Landing Retreat is also on the East shore of Kootenay Lake but at the North end, so no ferry ride.



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