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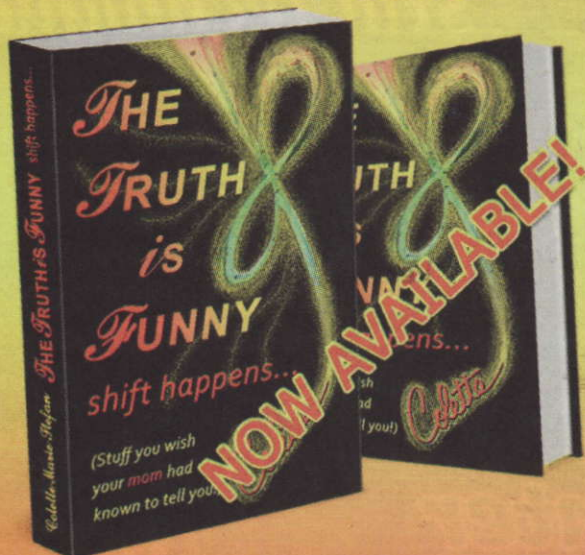
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It's Not What You Do, But Who You Are

by Debbie A. Anderson

When I meet people for the first time and they ask "so what do you do?" I take a deep breath and answer with reverence, "I am a psychic medium, I pass along messages from spirit ..." Then wait to see the expression on their face.

I admit that, thanks to the many shows out there highlighting psychics and mediumship, the response can be receptive. But sadly there have been many times when I get the "oh really..." followed by the uncomfortable silence. It is then I conclude that if someone is asking me, they should be open enough to hear the answer. Occasionally when met with this type of awkwardness, I laugh and tell them that I would probably get a better response if I told them I was a Proctologist! ✦

Please don't get me wrong. When I meet new people, I always try to be in the moment of sincere openness. Over the years, I have discovered that there have been numerous times I have learnt something or knew that spirit was connecting me with that person for a reason. If we are unlimited in the possibility of learning something new about a person we meet for the first time, we could actually be vibrationally amazed. It's about being receptive rather than disapproving or condemning.

What I dislike the most is a person taking what they think I do and making it into something that is sullied or wrong. Then sharing that ignorance with others until it becomes what I would term a witch hunt, literally. I have been ignored, snubbed and accused of doing what has been a natural gift. It is at those times spirit reminds me of a passage in the Bible, (Matthew 7:1-2) which says, "Judge not, that you be not judged. For with the judgement you pronounce you will be judged, and with the measure you use it will be measured to you."

We are all here on this earth to experience a journey that we have chosen. It should never be about religious beliefs, but about the vibrational, spiritual heaven-sent joys and blessings we get to receive every single moment. Before casting judgement on others for their faith, their work, their life, first get to know them as that beautiful energy-being that we all are inside. It's not about being a psychic, doctor, parent, priest or garbage collector, it is about the spiritual energy within that role. That soul being, who in so many cases is loving, caring and wanting to be accepted for who they are, not what they do or believe in.

We all have a character to play that is important and needed in our transformational universe. Take that knowledge and share it with others, in a positive and optimistic way. If you don't understand or accept what a person does or believes in, then try to learn more about it. If your mind is too closed, then keep your mouth sealed in unison with it, until

you know the Truth. If you don't accept it as truth, then move forward in your world, but at the same time be respectful and courteous. Ignorance is not truly bliss. As Plato said, "We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light."

Debbie A. Anderson is a natural healer who has worked in the magical sphere of spirituality all of her life, doing intuitive spiritual readings for over 30 years around the world. She has also developed Vibrational Energy Therapy which she teaches to others and Vibrational Sound CDs. She has written bodywork meditations which have been narrated and published by others.



In 2013 she self-published the Vibrational Energy Oracle Deck as a physical deck and as a mobile app. In November 2014 she launched her second oracle deck which is for children, called the Vibrational Earth Children. She is an inspirational speaker and offers workshops and training. Find out more at www.Vibrational-Energy.com

Debbie will travel from Ontario to be a presenter at the Spring Festival of Awareness in Penticton. details in the February edition.



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Musing

with *Angèle*,
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The cover shows the last hot days of summer as the Wise Women's Festival was about to start at Johnson's Landing. Our cat was lounging near the Buddha statue on the deck of the lodge and in the background, the mountains are hazy because of the many fires burning. About 30 ladies showed up from around BC and AB and each was delighted when it rained, clearing the smoke from the atmosphere, making breathing easier.

Magic happens at every Festival, which is the reason I keep hosting them. Each person hears or receives answers they are seeking. The presenters have much knowledge that they share openly and honestly, and I find that networking and being with like-minded souls increases my ability to thrive in this challenging world.

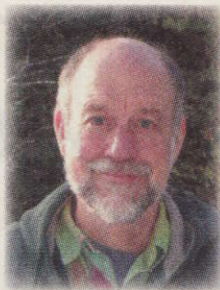
By the time you read this, we will have completed our second Wise Women's Festival in Penticton. Since we did not actually host it last year because of the closure of Naramata Centre, it feels like we are starting anew. We are now at the Shatford Centre, with the date moved forward a week, to the beginning of October. Those adjustments have had a ripple effect on the women who often attend. Next year I will move the festival back to the last weekend in September, but for this year, I assume I need a slower pace and will enjoy whatever happens. My angels, devas and weather dragons take very good care of me and I trust they know what needs to happen. Whether I am looking after the garden, cooking nutritional meals for retreats or working on the computer to create another issue of the magazine, it is good that I enjoy the variety of tasks I get to perform each day. Seeing how much I can fit into one day, and knowing that what I do is of benefit for our planet, keeps me inspired to do more.

The year 2015 has been a year of learning how much energy it takes to sustain the many projects I am involved with. I organize the garden about the same way I organize the festivals. Each year I expect that the basic set-up should take less effort as we refine what we tried the year before. I am learning more about permaculture and restorative agriculture because it makes sense. I keep experimenting with ways to make the soil fertile. Using bags of fertilizer has never appealed to me, even if the fertilizer is natural. I have included a book review on page 25 so you can better understand what a food forest is. Food forests look after themselves once they are established, providing food free for the picking. By contrast, annual crops take more effort and deplete the soil if tilling is involved.

This summer I got to spend five days of deep contemplation while digging out Bindweed with a garden fork. I had noticed the pretty flowers the year before growing from under a heavy wood frame that was on top of some landscaping fabric. My son warned me what a terrible weed they are, but did I believe him? Bindweed is similar to Morning Glory and Horsetail: once they are in the ground, they are hard to eradicate because their spongy root system breaks when you pull on them, allowing the root to send up new shoots a few weeks later. This marathon dig-out was needed so that the Bindweed would not take over the lower garden and then invade my neighbour's yard.

continues on page 6

STEPS ALONG THE PATH



Looking back at the choices that I have made up to this point in my life, I feel fairly comfortable with the way my life has evolved. I have had the opportunity to do things that were not along the lines of 'working for the man'. As with probably most other folks I have a whole list of 'I could haves...! There were times when 'I could have been' more flexible, more compassionate, more giving... and the list goes on. I have appreciation for my path in life when I see others wrestling with mental illness, addictions of all shapes and sizes, physical disabilities and those that suffer from poor choices that they made along the way.

There are people who think that they are trapped in a job, "I only have X amount of years before I can retire and really start to enjoy my life." From what I have personally seen there are no guarantees that you won't be dead tomorrow, so you might as well start living the life you want now.

I come from what I consider a functional family. From what I have heard, lots of folks think they came from dysfunctional families with physical, sexual or mental abuse being a part of their upbringing. I was fortunate enough to not experience fear or drama in my early childhood.

My parents were products of the 1930s, both of them came from immigrant families. I remember my Dad telling me of a time during the Great Depression when there was not enough food to feed the family so his parents fed my Dad and his brother first, if there was anything left then his parents would eat. He only told this story once so he did not overplay the incident. This really made a big impression on me, and it has played a part in my feeling so incredibly blessed to be who I am and where I am in this lifetime.

I am no saint and my enlightenment does not appear to be anywhere in sight. I have moments when I recall really stupid things that I have done and wonder how I could have avoided acting or reacting as I did. In the big picture I feel that the positives outweigh the negatives. The older I get the more I see that everything we do or say has an effect on the world around us. At the Retreat Center we have a poster with an image of the Dalai Lama's former residence on which these words are superimposed.

Take care of your Thoughts because they become WORDS,
Take care of your Words because they become ACTIONS,
Take care of your Actions because they become HABITS,
Take care of your Habits because they will form your CHARACTER,
Take care of your Character because it will form your DESTINY,
...and your Destiny will be your LIFE.

It seems to me that leaving the world a better place than when I arrived is a goal to aspire to. So in the time I have left I will work on being more flexible, more compassionate, more giving... one step at a time.

Namaste Richard

Spend next summer in the Kootenays learning about organic gardening and vegetarian cooking at the Johnson's Landing Retreat Center.

For the 2016 season we are expecting to have one paid position for a post-secondary student from the Columbia Basin Trust area. Contact us if interested.

The position will include 30 hours a week doing permaculture gardening and vegetarian cooking and other tasks that support the Center. Position runs May to September. Applicants should be in good physical shape.



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Musings *continued from page 4*

Another decision I made was to allow the chickens to take over the upper garden. This spring, I felt defeated by the amount of weeds and raspberry runners that moved halfway across the circle. After some self-talk, I reassured myself that the ground is more fertile than when I arrived and the new owners will have ideas of their own.

This winter we will advertise further afar, hoping to find the right people to continue with our vision of a vegetarian, spiritually-minded retreat center as a refuge from the busyness of life. We also decided that we will host only four festivals next year plus the two in Penticton so that we have time to complete the many projects that Richard has started.

Running this retreat center takes 4-5 people. This year, we operated with 3 plus a variety of volunteers, so we maintained

our sanity. If you would like to learn about permaculture-style gardening and/or help out with the festivals next year, please email me. I know that each person comes into our lives for a reason or a season. Often I get to see aspects of myself that I wasn't real clear about without their perspective. Since change can only come from within, it is good that I take time to reflect on what automated patterns I may have that no longer serve me. I ask myself, "What would a wiser choice look like?" Then I can plan a new response or strategy the next time a similar feeling or happening occurs.

Medical intuitive Brenda Lainof recently did a phone reading for me. Half-way through the session, she asked, "What happened to you at 15 years of age?" She explained that she saw my spirit leaving my body as I took on a pattern

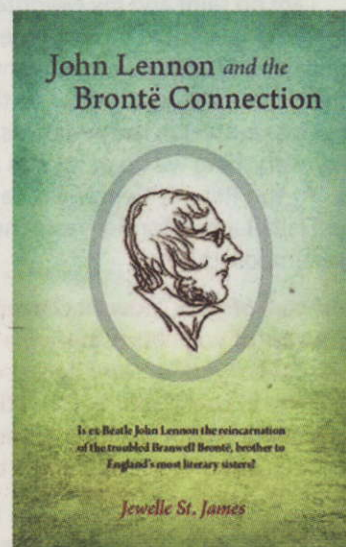
John Lennon and the Bronte Connection by Jewelle St. James

Is ex-Beatle John Lennon the reincarnation of the troubled Branwell Bronte, brother to England's most literary sisters?

The untimely death of John Lennon in 1980 prompted Jewelle St. James to investigate life after death and other spiritual phenomena. Research spanning three decades and ten journeys to England was necessary to uncover past-life mysteries and their surprising connections.

The Bronte Museum in Haworth, Yorkshire, England, requested *John Lennon and the Bronte Connection* for their Bronte Research Library.

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of being too responsible. I told her about my mom's accident and that I looked after my four brothers while she was in the burn unit of a Vancouver hospital for nine months. Brenda then cut the psychic cords to remove the shock of my mom almost dying and the stickiness from my energy field of wanting to be a "good girl." I realized that not wanting to let people down and continuing with projects past the due date is a good pattern to review.

I also enjoyed an interview Brenda did with Dr. Leonard Coldwell, a German medical doctor who has written 19 books to educate us about many things I know to be true. We can take good care of ourselves if we are willing to educate ourselves. The hands of the school system and the government are tied because of kickbacks from corporations that make lots of money from our un-wellness. Check out the radio talk shows listed at the bottom of Brenda's website. www.whisperingenergetic.ca.

Time is so elusive ... it seems like yesterday that spring sprang, and not long ago since I moved from the Okanagan to the Kootenays, where I have had more opportunities to connect with nature. Nature heals herself and us too if we allow it. Growing research confirms the health benefits of getting outside. Kids and adults who spend time in nature are healthier, happier, more creative, less stressed and more alert than those who don't.

As a farmer, I have learned that if the soil is not healthy, how can it provide food that is? So much of what

is in the supermarkets today looks like food but we are learning that this is not the case. Hence the fight to have GMOs labelled. See the article by Thierry Vrain on page 28. Did you know that most countries in the world ban the use of bleach for whitening flour or being sprayed on meat? The practice of spraying meat was introduced because of the E.coli-scare several years ago. I could fill this column with concerns I have, but at least now I hear and read stories about people who are standing up to the corporations, including native Indians on both continents who are refusing to let corporations take what is not theirs.

I am hoping you slow down this winter and find some time to hibernate, as I intend to do, as is the nature of things. It is good to renew our energy reserves so that come spring, we are ready for another busy season of growth.

Angele  

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Mission Statement of the Goodly Lawful Society

by Joshua Flint

The supreme human purpose is the perfection of one's self. This must come first, and when this end has been achieved all good things will inevitably follow. Only enlightened men and woman can sustain enlightened leadership and authority; only the wise can recognize the rewards of great wisdom. In a free societal way of life the very survival of the state depends upon the ethical and intelligent cooperation of its people. Where men make their own laws, they must live according to the merits and demerits of the statutes, which they have framed themselves. The Greek lawgiver, Solon, declared that in the ideal State, laws are few and simple, because they have been derived from certainties. In the corrupt state, laws are many and confused, because they have been derived from the uncertainties. These corrupt laws are like the web of a spider, which catches small insects but permits the stronger creatures to break through and escape. Where there are many laws there is much lawlessness, and men come to despise and ridicule the restraints that are imposed upon freedom of action. Corrupt laws, resulting from efforts to amend inadequate legislation by further inadequate legislation, reveal a general ignorance of right and wrong. Where such ignorance exists, the ideal function of a true enlightened society is impossible, and liberty degenerates into free license.

The half-truth is the most dangerous form of lie, because it can be defended in part by incontestable logic. Wherever the body of true learning is broken up, the fragments become partial truths. We live in a time of partial truths; and until we remedy the condition we must suffer the inevitable consequences of division.

The Goodly Lawful Society is a group of Righteous Enlightened Men and Women who know their Unalienable Rights and know they are endowed by our Creator, with these recognized Unalienable Rights; among them being: Life, Liberty, and the Pursuit of Happiness. Canada, the United States of America and the whole British Commonwealth were established under Anglo-Saxon Common Law or God's Laws. The very essence of these Laws is "Do unto others as you would have them do unto to you." This is also what Jesus taught.

In Canada we are still under The Magna Carta. The only way that could be changed was with a unanimous vote from all the provinces and Quebec said NO! Trudeau could not alter our Common Law Rights guaranteed us in the Magna Carta by creating a constitution. The United States of America is a Republic, ruled by law (God's Laws) and is still a Republic. The only criminal law recognized in the constitution of the United States of America is Common Law.

The basis of these laws is very simple, in order to break a law you must have a damaged party or property or no law has been broken. In lawful terms you must have a Corpus Delecti which is the damaged party or a Habeas Corpus the body of the crime. Legal is a term for fictitious laws, which are unlawful without a damaged party. Therein lies the cause of the legal terrorism we are now experiencing.

The governments of Canada, the United States of America and the British Commonwealth are masquerading as constitutional governments and are in fact fraudulent corporations who are beholden to private corporate interests and not we the people. These terrorist organizations have made illegal laws restricting natural medicines and agriculture so that the common people have only chemical based medicines and chemically educated doctors and chemical agriculture available to them.

We at the Goodly Lawful Society are here to bring back the sanity and the goodness to a world with seemingly unsurmountable problems. These problems disappear as we step back into God's laws and bring our courts back to Common Law. Under Common Law we can charge those who are giving vaccinations, for they are damaging a person, and the farmer who is spraying deadly neuro-toxins into our environment can also be charged as well as the companies who have manufactured and distributed these genocidal chemicals.



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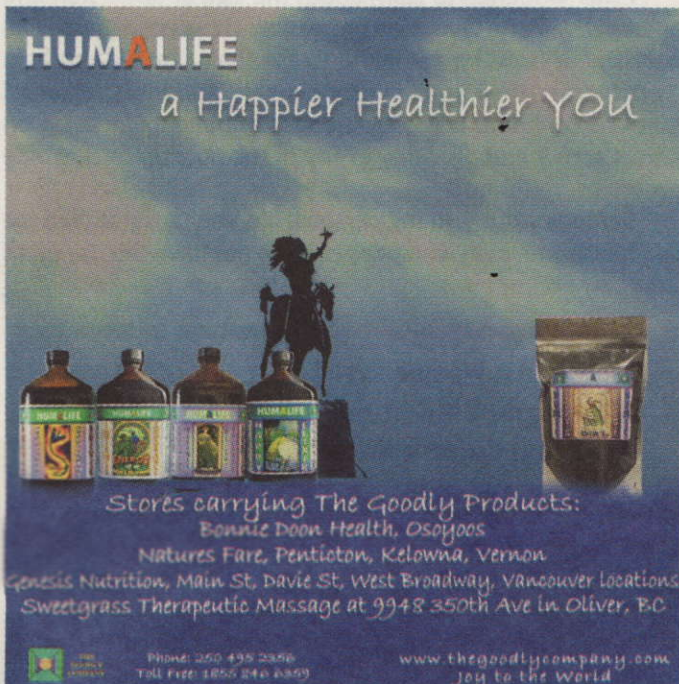
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The Goodly Lawful Society is being created as a Lawful Society and through membership, education and the use of our own Common Law Courts and serving of Common Law affidavits we will bring our outer Unlawful Society back into Lawfulness and accountability. We invite all souls who are aligned to join us in creating a better world for the future generations. www.thegoodlylawfulsociety.org



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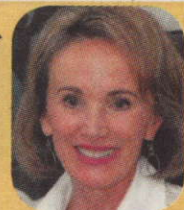
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Sex-Ability: Sex and Disability - The Right to Pleasure

by Trish St. John

After a long career in the corporate sector, I planned an early retirement in 2002 and then took a year off to travel and re-energize. At the end of the year, I knew I wanted a complete change. And that's what happened. For the next seven years I worked a few days a week as a sales/booking agent for one of Vancouver's top legal escort agencies. It was exciting and fun and a little naughty - just the change I needed!

Needless to say, the phone calls were always interesting but what I discovered was that adults with disabilities, and parents of adult children with disabilities, were calling in search of a service that would help them; but there was nothing specifically designed that was available.

This blew my mind. Why would we marginalize and shut-out a group of people, based on being differently-abled? Is there an addendum to Maslow's Hierarchy of Needs that says "except for those whose bodies don't function the same as ours?" Basic human rights include all humans regardless of gender, sexual orientation, race, religion, disability or challenge.

In 2008, I began to research the topic of disability and sexual health. Dissatisfied with the lack of information and programs for adults with disabilities in Canada, I kept digging. Using Craigslist, I gathered a small volunteer focus group of adults with disabilities ranging from participants with quadriplegia to legal blindness. They were very forth-coming in their experiences. I was shocked to hear the stories of abuse and disrespect some disabled adults faced when dealing with sex-workers, boyfriends/pimps.

I was saddened to learn about the lack of understanding or empathy in the Care-Aide profession - it's a potential sexual harassment issue for someone to ask their care aide to help them "access" their body and/or genitals. And I was surprised that I couldn't find any educational components focusing on sexual access and disability in any of the nursing or care aide programs.

Serendipitously, in my personal life, the universe lead me to a handsome man who happened to not have the use of his

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body from the waist down. He proved that sensuality begins in the brain. Well my brain thanks him! The summer I spent with him left me with very treasured sensual and satisfied memories. Through his own inclination and perseverance, he learned to rewire his erogenous zones. There was no manual or resource for him to use. After his injury no one wanted to discuss anything to do with his sexual needs. He felt like the door was closed if you are different – that's it, done, over, you don't get to feel pleasure or be an erotic being or have romance. Thank goodness he didn't believe it. He was a source of inspiration for me to continue on with my idea of creating something different. He'd come into my life for a reason.

In the autumn of 2011, I launched Sensual Solutions in Vancouver, and more recently in Kelowna. Not an escort agency, but a group of women and men with a health service background who are committed to the rights of the disabled including access to their bodies. We focus on sexual education services and other modalities for any adult with a physical disability such as spinal cord injury, cerebral palsy, MS, and so on. We are thrilled with the positive response from groups like EASE Canada, sex and relationship therapists, SCI-BC (Spinal Cord Injury), and other professionals who work in spinal cord rehabilitation.

It's absolutely wonderful when you find something you love and feel passionate about. After 20 plus years working for big business, I am finally happy and feeling very blessed to be able to provide something that is needed and missing. Each opportunity I've had has been a stepping-stone to prepare me for this time in my life. I couldn't be happier or more fulfilled. One of our clients summed it up best when he said, "The loneliness of not having anyone touch you with any kind of intimacy (the opposite, rather) for years, becomes a debilitating and crushing force. I know, until this year, I hadn't kissed a girl on the lips for 24 years. So again, I thank you."

Trish St. John is a human resource and communications professional from Vancouver, BC with over 20 years of experience in the corporate sector. Her work in developing leading-edge corporate wellness initiatives is well-known and respected. Among many accolades, she was nominated for a YWCA "Woman of Distinction" award in 1999. Trish is the founder and owner of Sensual Solutions, an organization for men, women, and couples with physical disabilities, injuries, or challenges to explore their sexuality. www.sensualsolutions.ca



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The Original Still Technique

by Wayne Still

In the early 1800s, in what would now be called ethnic cleansing, the British moved troublesome Scottish clans from their territories in the highlands and dispersed them to the colonies. My great-great-grandfather, a member of the Still clan, settled in the Muskoka region of Ontario. I am a direct descendent of that diaspora. Another descendent of the diaspora was Andrew Taylor Still who was born in Lee County Virginia in the late 1820s. He was a surgeon in the civil war where he became very familiar with human anatomy. He took a particular interest in the connective tissue which composes most of our body. When the war was over he went on to bring into being the modality of Osteopathy. The traditional discipline of the Bone Setters was his starting point and he became known as the "Lightning Bone Setter." Since then Osteopathy has grown into both a medical science with schools and hospitals in different parts of the world, as well as a method of restoring range and freedom of movement to the human body.

Dr Ida P Rolf, the founder of Structural Integration also known as Rolfing,® was interested in the nature and qualities of connective tissue. She studied the writings of AT Still, some of her work was based on those studies. From her own observations and experience she developed the ten series recipe as a teaching tool based on manipulating connective tissue. By following the recipe a practitioner can bring a client's body into a more harmonious relationship with gravity so gravity becomes a supportive force for the body, not something to fight against. Connective tissue has a characteristic that when stressed it becomes shorter, restricting its range of motion and taking the body out of balance. By releasing the restriction we can restore range of motion which helps to restore balance in the body. In my basic training the techniques we were taught to accomplish this used considerable force. The techniques were effective but at times resulted in a painful experience for the client.

Some seven years ago I began to learn a complimentary modality known as Visceral Manipulation. This is the work of French Osteopath Jean-Pierre Barral. In VM we learn to find and release restrictions using much gentler but equally effective methods to release the same restrictions. The main difference is that we learn to listen to the body and allow the body to tell us in which direction we should move the tissue in order for it to release. Generally this involves taking the tissue to a first barrier in a gentle stretch. It is at the first barrier that change can most easily occur when we follow the direction indicated by the body. Pressure used is minimal and we are sometimes accused of not doing anything!! During my most recent training in VM I learned the original Still technique.

The original Still technique uses the power of the first barrier to bring about change. In this method the tissue is not stretched to a first barrier but the tissue associated with the restriction is compressed, using bilateral pressure, to a first barrier. The tissue is held at that first barrier until a change is detected and its direction followed. When that movement ends the compressive force is released



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The Big Fat Bumblebee

by Hannelore

It was a dark, dismal and freezing day. One's breath hung heavy in the air. Beneath her feet the snow, darkly speckled with months of traffic grime, crunched in resistance with each slow step she took. Anne's heart felt heavy as she walked towards her mother's grave.


On previous trips to England, it was tradition to have long wonderful conversations over many cups of tea with her Mom. Anne would miss not having this precious time with her. It seemed so surreal. Even her surroundings felt gloomy as she walked through the cemetery. Feeling vulnerable, she barely managed to place one foot in front of the other. Anne now stood at her mother's fresh grave. After several long minutes she slowly crouched down and placed her hand on the newly dug cold earth. Through her tears she said, "Hi Mom, I'm here ... can you let me know that you know I am here to see you?"

Suddenly, a huge fat bumble bee buzzed past Anne's ear and landed on top of her mother's gravestone. Time seemed to stand still. She was calm and felt a deep sense of peace. Anne was mesmerized by the bee which simply sat on the stone gazing back at her. Then it disappeared. She wondered, "Did I just blink?" as it was nowhere in sight.

Once again the chill of winter brought her back to her surroundings. She thought, "It is so cold and there isn't a single flower in sight. How does a bumblebee appear in winter?" On reflection, what also surprised Anne who is normally very jumpy and easily frightened, was that she was not startled or afraid of the bee?

Anne shared her experience with her sister, who was waiting for her in the car. Early the following morning the sisters further discussed the bee. Suddenly there was a loud racket. Their brother, who was in the Navy, came storming down the stairs. It was imperative he be back to his ship that morning. He shouted, "My alarm didn't go off! If it hadn't been for that big fat bumblebee buzzing around my bedroom I would have overslept!"

"Was there a window open?" Anne asked. "No," he replied. "Where did the bee go, is it still there?" her sister asked. "Haven't seen it since I've been up," he responded. Taking comfort in knowing their mother's essence continues to watch over them, Anne and her sister looked at each other with a deep sense of peace and smiled. *See ad below*



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in the reverse direction to which it was applied. The tissue is then subjected to a quick circular movement ending the manipulation. I have found the technique to be effective in releasing soft tissue restrictions as well as restoring range of motion to joints. There is a ten second video showing AT Still demonstrating the technique on a man's shoulder joint. He compresses the ball of the humerus into its socket, makes a subtle movement with his hands then swings the man's arm in a wide circle. Lightning bone setter indeed.

see ads above and to left

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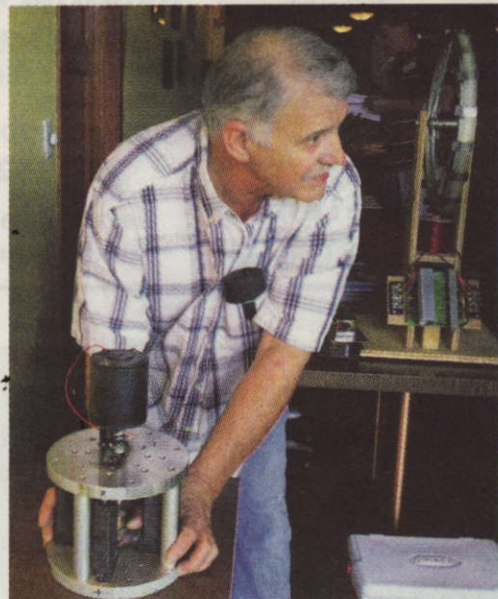
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Ready or not...here it comes

by Riel Marquardt

The excitement in the conference room suddenly becomes palpable. Of the close to two hundred seated audience members, all eyes are on the lone male presenter at the front of the room. On a table next to him is a plexi-glass cover over a small coffee can size device. As he lifts the cover off the machine he mentions that when he built this device, sometime in the 1980s, he sent a copy to a prestigious Ivy League school known for its engineering acumen. When he followed up with the school as to their thoughts on the device's peculiar energy creation capabilities he was told such a technology could not be explained, surely not shown to the students and therefore left to collect dust in the basement.



He then stops, thinks for a bit and asks out loud to an audience member, "Peter, how long has it been since we started this machine up? Twenty years?" After a thoughtful pause an answer echoes back, "At least." The presenter then momentarily connects a small AA battery to the device and it starts spinning. The excitement hits the stratosphere. I am not sure what I am witnessing, or how exactly it works but I KNOW it is important. The presenter continues talking and the words 'Cold Energy' and 'Radiant Energy' leave a deep impression on me. He lights a bulb, then removes it and shorts the output leads together – anyone with elementary electrical theory knows better. Short the output leads and you short i.e. damage the motor, or at least blow a protective fuse. This device has no fuse, and does not disappear in a loud bang and puff of smoke. Instead it actually speeds up. With that most of the audience, mostly engineers and inventors, finds itself crowding around the tiny potentially world-changing device in quiet awe. The presentation continues in more detail.

When this inventor and rumor has it many more individuals before him, tried to market his invention in the 1980's he was threatened. He wisely decided to stop. History is ripe with such stories. But recently, new energy inventors are becoming more vocal again.

Why the coming out now? What's changed? Is it the advancing age of the seasoned inventors...now or never! Is it the concept of 'open sourcing', largely courtesy of the instant dissemination of information capabilities of the Internet? Is it 'safety in numbers' thanks to thousands of like-minded individuals around the world, communicating and sharing ideas on Internet forums? Is it a growing awareness that current energy production, transport and consumption demands a huge toll on the health of us and the planet? It's likely a combination of all.

Fundamentally, it is the adoption of the Power of One. And, when more and more motivated and self-empowered inventors decide to communicate, theorize, and help each other out for the common good the results are amazing. The worldview concept of the survival of the strongest is finally starting to crack and being replaced by a desire for the common good of all: to open source. This helps manifest devices that for various reasons have remained hidden.

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This is where the paradigm shift is taking place, as everyday people feel compelled to share their creativity with no immediate expectation of ROI. This creates a positive loop and creativity soars. Humanity is lifted higher.

Access to planet friendly energy sources is literally a birthright and their adoption is inevitable. Everyone and everything on the planet will breath easier

Will there be challenges? Will there be disruptions? Of course there will be. But as these new forms of harnessing energy become mainstream not only will the cost drop dramatically, the damaging toxic by-products we currently associate with energy production and use will disappear. A few decades from now our children will say "what were they thinking?"

The value that each one of us plays to ensure a smooth equitable transition in this shift cannot be overstated. Thoughts are real. Thoughts are conscious energy and with practice and appropriate emotional carrying capacity can

and will manifest into the material world. When enough of us envision humanity enjoying life affirming energy sources it will be so. Guaranteed.

It is time to take the less than favorable experiences of energy production technologies of the last century and turn them into wisdom. Ready or not...here it comes.


Riel Marquardt uses his education in electronic engineering and training in Shamanism to share insights as viewed from several dimensions. He recently attended the July 2015 Energy, Science and Technology Conference in Idaho.

Riel is a colleague of Jeane Manning author of 'Break Through Energy'. He will present these ideas at both Spring Festival's, Penticton and Johnson's Landing.



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Ann spent years as a theatre and concert artist performing solo or with the likes of Harry Belafonte, John Denver and Paul Horn, her late husband. She created film scores, musicals, one-woman shows, inspirational books and CDs, all of which led to her being honoured with the prestigious Order of Canada, and the YWCA Woman of Distinction Award, for her outstanding contribution to the performing and healing arts.

Sherrill Miller works with the mystical images portrayed by her late husband, renowned Canadian photographer Courtney Milne. She guides participants to move from knowledge to wisdom, using symbolic, artistic, psychological and spiritual concepts to assist us in understanding our lives. This Inner Landscape Process evolved through years of creative exploration.



Ann will give the keynote address at the opening reception of **InSpirit: Celebrating Spirituality in the Arts**, that begins 7 pm, Friday, Oct 23. Check out...www.inspiritfestival.com

When sleeping women wake, mountains move

by Heather Brown

It was sometime in May that I found myself sitting around a dining table eating homemade cookies and drinking tea with five women, whom I had never met. I was there because I had seen a poster a few weeks before and felt drawn to the idea of helping to organize The Young Women's Leadership Peace Camp (YWLPC). I am a yoga teacher so my first thought was to see if I could lead a few classes. Soon I became one of the main organizers and found myself in a leadership role that left me with a sense of belonging, my spirit felt full, and the camp hadn't even begun.

YWLP is a five day camp filled with workshops of varying content. Our camp was surrounded by large trees, with a beautiful lake just a stone's throw away. The perfect setting for supporting a peace camp in a small Kootenay community.

From one day to the next we were singing, dancing, writing, laughing, crying, silent and full. We shared, we listened, we supported and we reflected. To be given the chance to meet such a diverse, loving and knowledgeable group of women was a blessing. It's not common enough, in our society, for women to gather like we did at The Peace Camp. I think it's important on so many levels and hope the peace camp continues to fill many more hearts in the future as it has filled mine.

For me, it wasn't the amazing quality of the workshops, or some profound moment or learning a new skill that stood out, it was the lesson of leadership. I really shined and am continuing to enjoy the rippling effect. I had never really thought about leadership, that was more of a male attribute. Leaders played powerful roles, like someone in politics or a high corporate business position. That wasn't for me, or at least that was what my thoughts or conditioning were at the time. However, the YWLP changed that, it changed the way I look at myself and how I view leadership. I learnt that it doesn't matter where you are in your life the opportunities for leadership are everywhere. I now know how important it is that women step up and own these roles as loving, peaceful and strong leaders. I now find myself taking on opportunities I didn't think I was capable of. I was scared of failing, believing I wasn't good enough. I learnt to push these thoughts aside and believe in myself as a leader, a leader of my own thoughts and a leader of great opportunities.

Just writing this, for example, is a big step for me, I've always thought I wasn't good enough to write or that people wouldn't be interested in what I had to say, but this feels really good and who knows where it could lead.

Are you between 15-35 years of age and want to know more about our 2016 Peace Camp? check Facebook: The Peacemaking Collective or call 250 505 4122. We are sponsored by Kootenay Society for LifeLong Learning, CFUW FCFDU, West Kootenay Women's Assoc. Canadian Voice of Women for Peace and the Self Design school.

8 Keys for Creating the Life YOU LOVE!

"People who achieve great things have a passion that stirs their soul." ~ Florence Rita Rickards

We are not meant to play small. We are not meant to tiptoe through life gently and quietly, hoping to make it safely to death. No! We are created for Greatness. We are born with more talent, ability and potential than we can imagine. Individuals that recognize this achieve more and accomplish more than the average person. And, they Live the Life they LOVE!

People who generate success do things in a certain way. Like any art or science it can be taught, learned and mastered with the teaching, guidance and support of a coach or mentor. Here are 8 key ideas that you can use to generate success and maintain your momentum.

1. Passion and Purpose - People who achieve great things have a passion that stirs their soul. They have a dream or sense what their purpose in life is. Without that to fuel the journey, they wouldn't have what it takes to overcome the challenges and adversities along the way. Download a FREE copy of the *Passion and Purpose Assessment* • www.floencerickards.com.

2. Decision - Once you are clear on your purpose or dream the next step is to make a decision to go for it without being concerned about others' opinions. The health of your mind and body, your social life, the type of relationships you develop ... all are dependent upon your ability to make sound decisions.

3. Commitment - "Until one is committed, there is hesitancy, the chance to draw back. The moment one commits... all sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor, all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way. Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic. Begin it now." ~ William Hutchison Murray

4. A clearly written Vision Statement - Some people spend more time planning a vacation than they do their own lives! If you are going on a trip you have a map. Well, creating the life you love is no different. For a FREE copy of my *Guide to Writing Your Vision* • email: floencerickards@shaw.ca.

5. Take Action - Once you know what you want take action in the direction of your dream. Inspiration without action is merely entertainment.

6. Engage in some kind of structure of support with someone you trust. We are not meant to do it alone. When you begin to change your thinking so you can change your life, self-doubt, fear and worry may crop up. Your family and friends might come up with reasons why you can't or shouldn't do it. That is when the coach or mentor becomes priceless.

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7. Power of the Mastermind - Jim Rohn said, "You are the average of the five people you spend the most time with." Being in a group of like-minded individuals that support one another in realizing their dreams is one of the keys to success.

8. Persistence and Determination - Stick with it. Change does not happen overnight. Changing thought patterns take time. "Nothing in this world can take the place of persistence. Talent will not: nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not: the world is full of educated derelicts. Persistence and determination alone are omnipotent." ~ Calvin Coolidge

Quantum leaps are possible. With a structure of support, a coach, and a good mastermind group, you can accelerate your progress and experience a quantum leap. "In some areas of your life what lies within your reach is enough to stagger the mind. You can double your level of success. Triple it. Far beyond that, you can leverage up your performance to the second or third or fourth power....or beyond." ~Price Pritchett.

Knowing my purpose has helped me navigate many challenging times and overcome much adversity! My passion and purpose in life - my soul's calling - is igniting the fire of the dream within YOU so that YOU can create and live the life you love! It's what gets me out of bed in the morning. And, It's what energizes me and fills me with joy and enthusiasm! It is the rocket fuel for my life. Let your purpose and passion be the rocket fuel for creating the life YOU Love!

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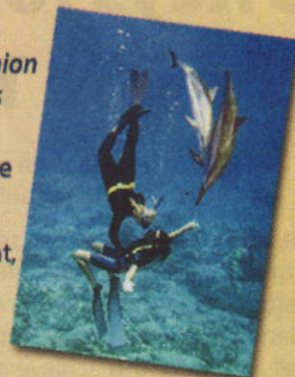


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Food for Thought

by Marion Desborough

At the Spring Festival of Awareness I had an opportunity to have a session with Gerald Morris from the *Okanagan Thought Field Therapy*. Gerald explained that what he does is the original *Tapping Therapy* as developed by psychologist Dr. Roger Callahan. This therapy has proven an invaluable tool for unblocking stuck energies in the body so we can heal. He found that our 'issues' get buried in our tissues and that by tapping on certain spots the stuck energy can be released.

TFT combines principles of Western and Eastern healing methods, using energy points on the body to release buried distress. Since his original discoveries over thirty years ago, Dr. Callahan has through continued research developed TFT to its current highest and most effective level, TFT-Advanced.

I was duly impressed with my session with Gerald. He started by asking me to tap on the inside of my arm, starting at the elbow and continuing up. When I tapped the inside of my arm I felt a very tender spot and winced. As I did Gerald's arm flew away from his body, signalling to him that I had in fact found the spot. Each time I felt a tender spot in my body, his body reacted in the same manner, even when he wasn't looking at me. He didn't seem to be following a pattern, just intuitively listening to my body.

Since May I have followed up and had a few more sessions with Gerald and have found them invaluable in my healing journey. I also find it most amusing to watch Gerry's arms flail as I touch the pain points. I thought I had worked on some of them emotionally and spiritually, but I guess I had not released them physically. I know the body doesn't lie and I feel lighter now that they are released. I had experienced EFT before, but it was nothing as intense as this style, nor as rewarding.

I urge others to call Gerald and try his *Okanagan Thought Field Therapy*, you might be pleasantly surprised by the results. *see ad to left*

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The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

The lowly potato is often under-rated in terms of nutrition and protein. Entire races of people have lived on potatoes as their primary food for centuries. Here is a great fall/winter soup which is hearty and filling. It does have dairy products which give it a rich flavour but most folks put butter and/or sour cream on their potatoes anyway so it comes out about the same whether it is in the recipe or on the potato.



Enjoy, *Richard*

Creamy Potato Soup Serves 6 - 8

Ingredients:

8 medium **POTATOES**

(I prefer red for the sweeter flavour)

1 large **ONION** finely chopped

2 sticks of **CELERY** finely chopped

3-4 Tbs. **BUTTER**

½ to ¾ Cup **SOUR CREAM**

½ tsp. **SALT** (Celtic Sea salt if available)

1 tsp. **PAPRIKA**

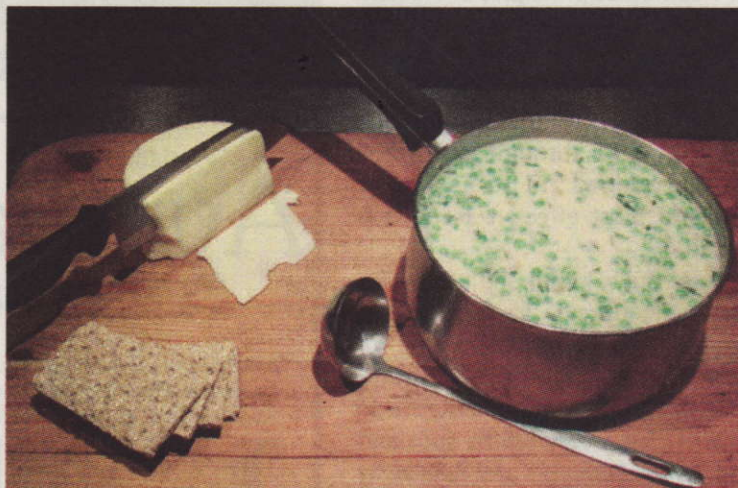
½ tsp. **CAYENNE**

Grind in some **FRESH PEPPER**

2 Tbs. **BRAGGS** Liquid

(a healthy form of soya sauce)

1 to 1-1/2 cups frozen **GREEN PEAS**



Directions:

- Cook the potatoes whole. Do NOT peel them as we want to keep the nutrients in the potato.
- Boil quickly, starting with room temperature water (about 35 minutes).
- When they are soft to the poke of a fork, drain the water through a colander saving the water in a bowl to use in the soup.
- In a small sauce pan put a small amount of hot potato water to cover the onions and celery and cook until tender. Once they are cooked turn off the heat, add the butter so it melts.
- Meanwhile scrape the warm potatoes with the edge of a knife, cleaning the knife against the edge of the compost bucket or sink as it gets sticky. Mash the potatoes into almond sized pieces, do NOT use a blender, stick blender or food processor as these will make a sticky paste out of the potatoes!
- Add the onion/celery mix to the potatoes along with the sour cream, green peas and all of the spices.
- Add potato cooking water to make your soup as thick or thin as you like and bring it up to serving temperature. NOTE: When heating it must be stirred frequently as it will stick easily to the bottom of the pot.

... For the experienced cook the directions will read like this:
Cook the potatoes, peel and mash. Cook onions and celery, add the rest of the ingredients then as much liquid as you like. :)

Utensils: A pot big enough to hold your un-cooked potatoes • cutting board sharp knife • measuring cup and measuring spoons • a small sauce pan wooden stir spoon • colander (strainer) large metal bowl or a second pot potato masher or fork



Potato Mashers

G DAY

Celebrating Girls As They Are

by Hilary Mandel

Madeleine Shaw is a social entrepreneur known for her long-standing commitment to gender equality and progressive business practices. She is the co-founder (with her long time business partner Suzanne Siemens) of Lunapads.com, a vertical, multiple award-winning web retailer of natural personal care products whose signature products are responsible for diverting over 2 million disposable feminine hygiene products from landfills every month.

Madeleine's latest creation is **G Day**, a community-based rite of passage event series welcoming 10-12 year old girls into adolescence. Since 2014, G Day has taken place in Vancouver, Toronto, and Victoria, with more cities to come. The third **G Day Vancouver** will take place on Friday, October 23 at Creekside Community Recreation Centre. Here, Madeleine explains how she came up with the idea and what the day looks like.

I decided to launch G Day because of my own experience as an adolescent. I was fascinated by the idea of becoming an adult woman and fantasized that when the big day came, there would be a celebration. The notion of transforming into an adult was special, even kind of magical. My fantasy didn't come true, and I was left with a deep sense of disappointment.

This notion came back to me in 2012, when I was asked to speak on the topic of Women Transforming Cities. I imagined a place where families could bring their daughters to celebrate them as they approached adolescence. While we still celebrate other major rites of passage (graduations, weddings, funerals, etc), we've largely lost the notion of honouring the transition between childhood and our earliest steps on the road to adulthood. I love the idea of gathering as families and communities to resurrect what has historically been a tradition in cultures worldwide. We want girls who attend to feel bonded through their shared life experience. After age 13, there is a very different self-perception around being a "teenager."

We welcome girls ages 10 to 12 and their 'Champions,' parents, aunties and uncles, godparents to start the day with intergenerational dialogue and setting intentions. The girls' programming includes interactive presentations around topics like self-esteem, adolescent girls in the developing world and leadership, as well as activities like dance, yoga and art. There are opportunities for the girls to get to know one another and address the group as a whole about what's happening for them.

G Day is a unique opportunity to bond with other girls and experience Sisterhood. These girls are starting to receive powerful media messages about social comparison and competition that can result in poor self-image as well as unhealthy relationships. The more the girls see what they have in common by celebrating this unique time in life together, the less likely they are to, say, bully or compare themselves to other girls. The girls will have the benefit of being exposed to a wide variety of role models, and will hear the personal stories of women who have made interesting career and lifestyle choices. G Day is also simply a lot of fun!

Visit www.gdayforgirls.com/vancouver.



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Jyotisha

The Study of Light

by Tanya Thompson

Jyotish, known in the western world as Vedic Astrology, is an ancient tool of divination that for thousands of years has shone light and provided insight on life questions, purpose and direction. Jyotish is an oral tradition that is part of the Veda (sacred knowledge) as one of its six limbs called a vedanga. The Vedas, the sacred book of the Aryan peoples, were the first texts to be taught, heard and learned in India. It is believed that the Veda was cognized by the ancient Seers. Studying the six limbs allows a person to access the deep knowledge of the Veda. When the Veda is personified as a living being, Jyotish, one of its limbs, is the eyes of the Veda. The Sanskrit term Jyotish translates as "lord of light" and refers to the study of light, including the stars and planets and the light within us, reflecting "as above, so below."

Today, Jyotish as a living tradition, is studied, practiced and accessed throughout the world. It also has six limbs that are interrelated and can be specific to the type of counsel sought.

Jataka, natal astrology, is one of the limbs and is the study of the birth or natal chart. A natal chart reading provides information on life direction and purpose and highlights life patterns of relationship, health, learning, finances, interests, spirituality and career. Your natal chart also highlights the internal and external factors that contribute and shape life patterns, potentials and challenges.

Dynamically a natal chart reading talks about the timing of events including past events and their impact and future potential events that are significant at the time of the reading. A natal reading helps you to gain awareness and insight contributing to your capacity to make choices that are nurturing, supportive and prosperous. In my first reading with Hart de Fouw, my teacher, he told me things about myself that no one had ever vocalized before. He opened my eyes to the possibility of following this path. Through the years his counsel has guided me in working with my limitations and celebrating my strengths.

A primary role of Jyotish is to make visible the invisible. Prashna, horary astrology, is another limb of Jyotish. It answers questions from a chart cast at the moment of the question rather than the birth chart. This tool is very effective in providing insight on questions like: Will the house sell and when? Will I get the promotion? Should I pursue education? Should I go into business? Will my book be published? Will the claim be settled?

Another limb of Jyotish is Muhurta, electional astrology, which identifies an auspicious time to initiate a venture such as starting a business, setting a wedding date, building or entering a new house or going on a trip or pilgrimage.

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This tool is helpful in removing obstacles and increasing the potential for beneficial outcomes.

While Jyotish has the capacity to make predictions its greater role is to relieve suffering and nurture health, happiness and harmony. Through its capacity to reveal unseen realms, Jyotish nurtures insight and awareness that increases our ability to make choices that are wholesome and allows us to best utilize our time, energy and actions.

*Tanya Thompson has studied Jyotish with Hart de Fouw
for 12 years. Please see ad on the opposite page.*

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Rescue of Lucky, the Humpback Whale

by Hannelore

We live in a fast paced world filled with natural disasters, wars, and chaos upon which the media focuses. Yet, there are equally dynamic and positive events that occur. How often are these shared in the 'good news' portion of our broadcasts? One such story invites you to not only have a critical eye of the plastics and death traps in our ocean, but also to open your heart and feel the joy of a magnificent creature that was rescued.

I felt blessed interviewing James whose first words to me were, "I always thought I would touch a whale, but

not with a knife in my hand." He continued, "It was a Sunday morning when we got the rescue call. A mature, female Humpback Whale was struggling for survival. By the time we reached her she was lethargic and non-responsive. There was an oily slick on the surface caused by her exposed blubber. She was tightly wrapped like a cocoon in crab traps with hundreds of pounds of weighted lines.

I was first in the water. What I saw was a whale 'hog tied' from her pectoral fins to her tail and trapped in a hunched position. I could just imagine the terror she was feeling as she struggled to keep her blow-hole out of the water. It wrenched my heart because I didn't think we could save this magnificent whale. But, try we did!

There were four of us. We spent hours cutting nylon ropes. With each cut, we expected the other ropes to disentangle, but they just shifted position. The task was huge

but the whale was patient. We knew that one slap of her tail could kill any one of us, but seeing her struggling for life, we didn't think much about the danger. It's as if she understood everything we were doing. Just when I thought we were finished, I swam down and discovered that her tail was still wrapped with ropes. I pulled what I thought was the last rope and as I brought it to the surface I bellowed an ecstatic 'YAHOO!' The other divers surfaced and shouted with joy!

As we started swimming back to the Zodiac the whale slowly swam around us in circles and stopped directly in front of me. It was then I realized our job was not finished. There was still one more rope wrapping around and hanging out of her mouth. I tugged at it but realized it was going to take one more cut.

I dove down and held onto the rope beside her mouth. This particular line dug deep. I had one hand on the whale and one hand on the rope while being dragged along as she swam. Her mouth and eye were only an arm's length away! I braced myself against her, cutting into the rope and discovered I was looking directly into her eye! She was looking directly back at me. It was a profound moment! As we looked into each other's eyes we bonded in a way I could not believe possible. It was life-changing.

Finally the last rope snapped loose. She sang out a profoundly deep call which vibrated through my chest cavity. Slowly she started swimming around and gently nudged each one of us, as if to say "Thank you!" She then disappeared under water, swam underneath and lifted us up out of the water and onto her back! After a few surreal moments, she gently lowered us back to the surface.

The experience was beyond belief! How can one describe such deep communion with one of the largest creatures in the world? I'll never forget it and I will never again be the same. We named her Lucky." *see ad below*

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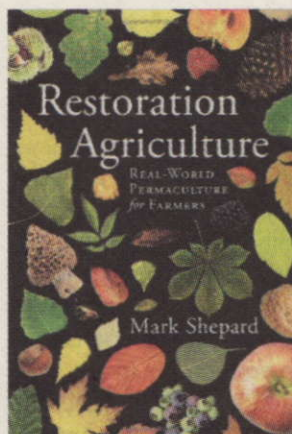
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Book Reviews by Angele

Restoration Agriculture

Real World Permaculture for Farmers

by Mark Shepard

Around the globe most people get their calories from annual agriculture - plants that grow fast for one season, produce lots of seeds, then die. Every single human society that has relied on annual crops for staple foods has collapsed. *Restoration Agriculture* explains how we can have all of the benefits of natural, perennial ecosystems and create agricultural systems that imitate nature in form and function while still providing for our food, building, fuel and many other needs - in your own backyard, farm or ranch. This book, based on real-world practices, presents an alternative to the agriculture system of eradication and offers exciting hope for our future.

What I liked most about the book was how Mark pulls together his childhood observances into his understanding of what went wrong, since the time of his grandfather's farm.

These first few chapters helped me to understand how change happens, in either direction, and why. The last chapters tell us how to proceed from here. In between Mark provides excellent explanations so to convince even regular people to support local and organic farmers and maybe even try a food forest in your back yard, food free for the picking, year after year. We all vote with our dollars and our time. To understand our choices we need to take the time to be educated.

If you can't find the book locally, order through Acres Magazine online. You can also watch a one hour YouTube video of Mark so you get an understanding of his concept.



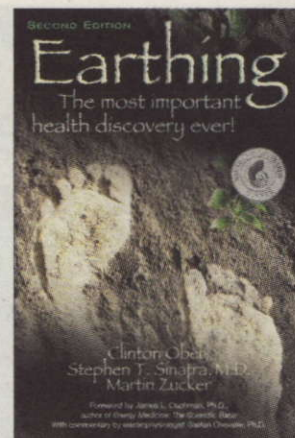
Vandana Shiva, author/activist has a message for us:

"The shift in the food culture must come from a shift in consumer choice." Our food systems are being hijacked by a handful of corporations who want to patent our seeds, push genetically engineered food down our throats, force the use of chemicals, destroy the earth, uproot farmers who live on the land and give us bad food. We need to shift to an agriculture that rejuvenates biodiversity, conserves water, rebuilds soil fertility and re-establishes small farmers as the most important producers: the core of our economy. One of the most important things you can do for "the earth" is to support real food instead of big agri-business. www.navdanya.org

Earthing

The most important health discovery ever!

by Clinton Ober,
Stephen T. Sinatra, M.D.
& Martin Zucker



In the past five years the *Earthing* book has become available in 13 languages and expanding. This second edition came with the sheet I bought for our bed and my joints feel less achy because of it so I sleep better. Rather than review the book here are a few thoughts from others who have more back ground than I.

"In our high tech society, connecting with the Earth has never been more critical to our health and well-being. This inspired and well-researched book explains the perils we face by being disconnected from the power and energy of the Earth and its boundless storehouse of free electrons. Could much of the disease, chronic inflammation, poor sleep and more be the result of this? A brilliant hypothesis well-grounded in science."

—Nicholas Perricone, M.D.,
author of *Ageless Face, Ageless Mind*

"*Earthing* is a powerful cutting edge idea. Like many potent truths, it is remarkably simple and has the ring of common sense, while offering practical guidance for regaining health – especially for people with fibromyalgia, pain, and insomnia. It is a "must read" in this modern world. Well grounded scientifically, it is also fun, enlightening, and easy reading for nonmedical/non-science readers."

—Jacob Teitelbaum, M.D.,
author of *From Fatigued to Fantastic*
and *Beat Sugar Addiction Now*

Lots more research at this website
www.earthinginstitute.net



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Ashram in India helped enlighten me

by Margaret Munn

I am the first Westerner to visit the Vihangam Yoga ashram in India. I was treated with great respect and kindness according to the ancient Hindi tradition of treating their guests like royalty. I received lodging, food, consultations with an Ayurvedic doctor including Ayurvedic herbs, prayer/chanting, meditation and yoga all for a donation. The medicine I received there healed my diabetes. As a pensioner I was told \$200 a month would be enough for me to give. People can give any way they choose. I bought things for the kitchen and an inversion table for people with back and hip pain.

I felt guided by Jesus to visit this spiritual group near Allahabad, India. They want more Canadians to get initiated into their meditation system because the founder, Anant Shri Sadguru Sadalfaldeo Ji, said before his passing in the fifties that he would spread his prasad to Canada first, and then to the United States, in the time of the 3rd guru, which is the present one, Shri Swatantradeo. Sadalfaldeo's goal is to have 100,000 enlightened beings on earth in order to shift the consciousness of humanity. To be able to achieve this 10,000,000 people must be initiated into his meditation system and learn to meditate consistently. This is because on average only one in ten meditators achieve enlightenment. Without that transfer of higher level energy which occurs in an initiation no one can meditate consistently, they just fall asleep and give up the meditation practice.

I am a witness that this meditation system is fast and effective. While I have not yet had my Kundalini blast through my crown chakra, I live daily now with a lightness and openness in the top of my head. I believe that Jesus wants Christians to start meditating as he did in the beginning of the Church. At that time their mantra was MARANATHA meaning The Lord Comes.

At the Vihangam Yoga Ashram, founded in the 1920s, you will learn meditation techniques both from the Vedas and the personal experience of Anant Shri Sadguru Sadalfaldeo Ji as taught to him by the Sadguru, who Sadalfaldeo met and who guided him to God Realization. The Sadguru, also called Baba Ji or the Avatar, is the one who embodies God Consciousness.

There are five levels in this powerful meditation technique, the first level we learn to control the mind and stop thinking. This slows the neural degeneration of old age (Dementia) and benefits concentration, memory and will power. Level two is about the purification of mind. As the scattered spiritual powers are drawn inwards, the universal word AUM is heard, and creativity and intelligence increase. In level three the Kundalini awakens effortlessly. The fourth and fifth levels are the conscious levels of meditation for Self Realization and finally God Realization.

Sadalfaldeo guaranteed that, due to the fact that he is helping from the other side, everyone would have an experience of God within 12 years if they meditated twice a

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day. For many it does not take this long. In his physical lifetime Sadalfaldeo often showed knowledge of future events, healed people and promised he would help his disciples from beyond the grave with both physical and spiritual problems. He proved the continuance of his consciousness after death by speaking audibly to his disciples for 15 minutes after his body had ceased all movement. I met several people at the ashram who had been healed after praying to him.

Part of Vihangam Yoga's spiritual practice is making pilgrimages to the group's other ashrams at sites where Sadalfaldeo meditated during his lifetime, thus changing the structure of the energy in these places. You will be met at the airport by one of the group's disciples and accompanied to the various ashrams, expected only to pay the guide's cheap train fares. One of your destinations should be the Vrittikut Ashram near Ballia, UP, but you do have to get the permission of the current guru Shri Swatantradeo. There you can meditate in the cave where Sadalfaldeo meditated for 17 years and achieved God Realization. I can promise you will have an unforgettable experience when you meditate in this cave.

www.vihangamyoga.org

Want to know more? Call Margaret with questions: 250-499-7127

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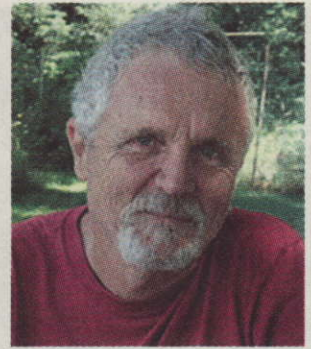
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The secret ingredient in engineered food

by Dr. Thierry Vrain • thierryv@telus.net



The last poll I saw a few weeks ago was from MNBC surveying people in the USA asking if they wanted to know what is in their food, i.e. would they support some legislated mandatory food labelling policy. Ninety three out of 100 people (93%) voted their concern and distrust of the food supply by voting yes. I have seen many surveys like this over the last 10 years and the people have consistently expressed their concern and anxiety about GMOs. And the Industry and its governmental regulatory agencies in Canada and the USA lap it up, because they have science on their side. They know very well that science has demonstrated time and again that GMOs are safe, that there is absolutely nothing to fear or be concerned about.

The secret - what is not being discussed in the open, is that practically all engineered food crops and a good number of non engineered food crops are routinely sprayed with a powerful antibiotic that doubles up as a popular herbicide. There is so much of it in bread and all processed foods that contain cereals, soy and corn, canola oil and sugar, that the EPA had to raise the legal residue levels in all food and feed crops in 2013 - and Health Canada of course follows their guidelines for MRL (Maximum Residue Limits). For example, soy can now contain 20 parts per million (ppm) and cereals (wheat, oat, and barley) can contain 30 ppm. Think if you were a bread eater, someone who eats half a loaf every day, what your intake of glyphosate would be. With animal feed that can legally contain up to 100 ppm, imagine the residues in dairy and meat products.

There are lots of areas in the USA and Canada where RoundUp Ready crops are grown, where 75% of samples of the water or the air contain traces of glyphosate. The EPA MRL for glyphosate in drinking water is below 0.7 ppm. Beyond that the EPA warns you that you will get severely ill quickly. The MRL in Europe is considerably less, in case you are interested to know what you are drinking.

All this doesn't tell you much until you learn that one part per million is antibiotic to most bacteria - glyphosate is actually a powerful antibiotic that has been masquerading as a herbicide for over 40 years. Then you learn that you and everybody around you, have a hugely diverse community of bacteria in your lower intestine, that is now commonly referred to as the Microbiome. When I was a kid my mother used to call it the intestinal flora, and somehow it was part of good health, but we did not know how important it actually is. We all have 100 trillion bacteria inside - with the same weight as our brain, that basically programs our body. All those autonomic functions we have, guess what, or rather guess who? The heart, the lungs, the digestive system, all this seems to work well without us having much to do about it. It is becoming obvious that the biochemical language of the Microbiome

to each of our major organs is required for proper function. The diversity of the Microbiome is essential to the health of many organs; particularly sensitive are the brain, the immune system, and of course the digestive tract. So when you eat everyday foods containing more than 1 ppm of glyphosate - the level where it kills all bacteria in the lab, you should logically expect antibiotic damage to the Microbiome with consequences of celiac, Crohn's, allergies and asthma and many other immune deficiency symptoms, Alzheimer and dementia and autism, and eventually all manners of cancer. And that's just for humans. We know that fish and frogs and rats and pigs become ill and die promptly. You can easily google the published and peer reviewed studies that support every word of this statement. You can also watch my lecture on YouTube "Engineered Food and your Health: the Nutritional status of GMOs."

It appears that we are back in the 1970s when the tobacco industry was spewing safety statements with the studies to prove it every few days. In this millennium the strategy about the safety of GMOs is slightly different. The Industry - read essentially the chemical company Monsanto, is keeping the public and the media focused on the engineering technology and GMOs. And they have all the studies to prove their safety. I also suspect that the Industry actually generates much of the anti-GMO rhetoric we see in the major media and on the Internet. I call it controlled opposition. Their job is to remind you that there is an intense debate about GMOs, with lots of public opposition. This Industry regularly fuels the debate about the safety of GMOs. Apparently anything goes, as long as it is keeping the focus away from the antibiotic in the food system. Only very few people bother to question the huge increase in this antibiotic - masquerading as a herbicide, in our environment, and particularly in our food where it reached toxic levels many years ago. The levels are probably so scary that Agriculture Canada or Health Canada or the USDA or the FDA, dare not even go there. Practically all agricultural chemicals of concern are measured every year and kept in check, except for glyphosate. It is regarded as completely innocuous since its first registration as a herbicide 40 years ago. Therefore there is no need to monitor its use and residue levels in food and water. The recent classification by the World Health Organization that glyphosate is a "probable carcinogen" should definitely be the trigger in Canada - as it is in many other countries. If not triggering an outright ban, at the very least the chemical residues of glyphosate in the food will be documented and made public so that the right debate can take place.

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If I was the vice president for promotion at Monsanto I would do a number of things to keep this secret from going public. I would do all the standard things of course, like hiring the best advertising brains in the business, emphasize safety and sing the wonders of the genetic engineering technology. I would also keep your attention on the debate about the engineering technology - i.e. are GMOs good or bad for you. I would spare no trick of the trade to keep your attention away from the toxicity of the herbicide that is sprayed on your food. I would create a small army of graduate students (and scientists of course - only the size of the bursary differs) and other mercenaries, to engage with the anti GMO "activists" and constantly remind you of the insanity of your fear. Most

of the pro and anti GMO rhetoric is just that, a lot of hot air and a lot of fear. Anything goes as long as it keeps your attention away from the secret ingredient. I would even have books published on the topic, some with all the available evidence of corporate malfeasance exposed in plain view, as long as the emphasis stayed away from the secret.

But I am not a vice president - although I was, more than once in my science days, but that was another millennium. Aside from being a concerned consumer, I now find myself in some leading role to alert you of this sordid story of corporate greed that causes so much illness. All I can do is to speak and write publicly about this issue and hope that you will do your part.

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