# ISSUES for EMPOWERMENT

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## A Celestial Angel

A rainbow-colored cloud appears over Johnson's Landing

details page 4

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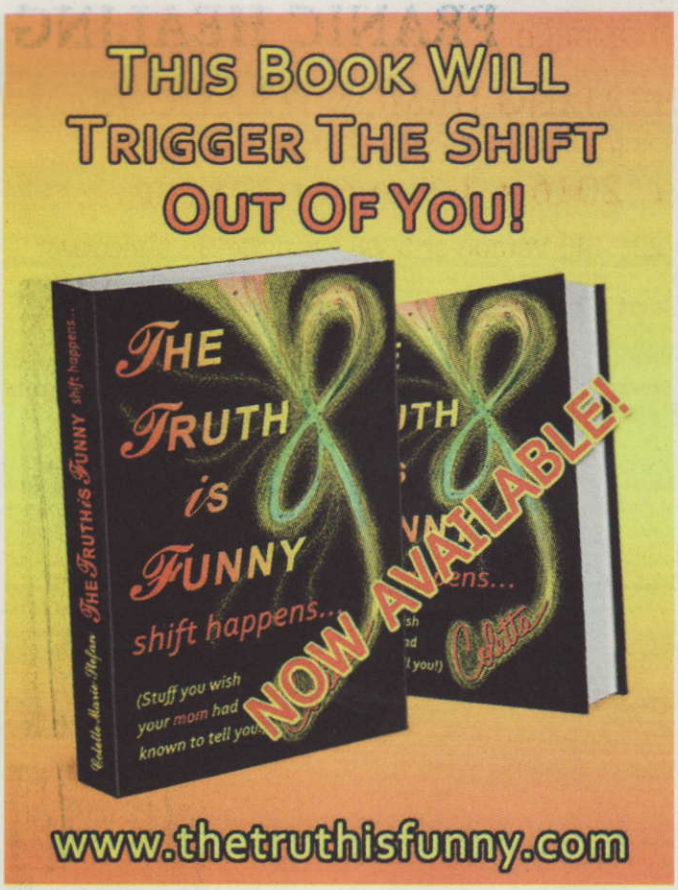


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# A Prayer that Changed my Life

by Marilee Goheen

Duncan and I travelled to the Philippines many times between 1991 to 1993 to volunteer through a charity to help local people become self-sustaining. When I met Eduardo he was a cook, living near the chapel where I was staying on a holy mountain called Banahou. Eduardo gifted me with 12 posters to take back to Canada and encouraged us to repeat the Great Invocation, saying it would bring peace to our hearts. He talked about Master Choa, who had given him the posters. We met Master Choa in Manila, and joined his busy Pranic healing clinics several times over the years. One time as I looked around, there were 45 nuns in habit waiting for healing sessions. It was striking, my heart felt full.

Daily, I recite the Great Invocation prayer and feel an expansion of depth and quality to my inner peace. Many years of repeating this five-minute prayer have deepened my sense of inner peace, making tangible my connection to light workers and humanity. It is my privilege to continue teaching spiritual truths and effective healing systems.

Never did I imagine that a simple gift of a spiritual poster on remote Holy Mt. Banahau in the Philippines would change my life so profoundly, or where it might lead me.

When Grandmaster Choa Kok Sui and Master Nona Castro came to Victoria, we were fortunate to billet them. Both were kind, gifted healers who travelled tirelessly to Canada and around the world to teach healing and enlighten humanity.

The Great Invocation was given as a gift to the world in April 1945, and has since been translated into over 80 languages. Imbedded in its dissemination is the truth that only through humanity can the divine plan work out.

Eleanor Roosevelt, a pioneering force in the passage of the Declaration of Human Rights at the United Nations, read it to the UN assembly in 1952. It was dictated to Alice Bailey by a Tibetan master. It is part of The Ageless Wisdom — a continuation of a body of esoteric teachings handed down from ancient times. www.lucistrust.org.

**World Invocation Day is May 21**

## The Great Invocation Prayer

From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May the Coming One return to Earth.

From the centre where the Will of God is known
Let purpose guide the little wills of men—
The purpose which the Masters know and serve.

From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

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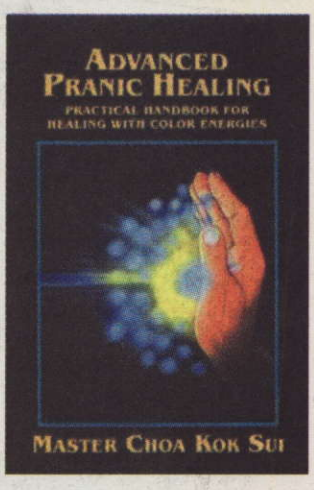


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# Musing

with *Angèle*, the publisher

As many of you know, I love rainbows and angels, as featured on my Festival posters. Last fall, on a cold, sunny day, I went outside to do something when Danny, one of the crew at the Retreat Center said, "Look up, ice crystals are making a rainbow in the clouds." I looked up, then rushed back to the lodge and got my camera. I snapped several images as the colors faded and the cloud dispersed.

Months later, as I looked at the many possible photographs for a front cover, I hesitated, wondering if the rainbow colors would show up. Computers use light to show images, while printers use four colors of ink, which creates darker images. I thought to myself ... one angel wing does not look very interesting, so I copied and reversed it and put the two halves together. That's when the image of the tree became the head of the angel, with eyes, a nose and even arms. I was elated.

Mother Nature was showing me that indeed I do have a celestial angel looking after us, proof positive for those who think I am crazy because I hear their voices. I am glad Doreen Virtue and others now talk openly about angels, as it has allowed this part of me to be more bold. For the longest time, angels were mostly stained-glass images in churches and only the clergy could have that connection.

When I do distribution, I drop magazines off in the town of Hope, well known for the many large carvings that decorate the landscape. My attention was drawn to some angel wings on the sidewalk, right downtown, with words that said Stairway to Heaven. It had four small steps with a set of foot prints at the top to place your feet in. I thought I would try the wings on for size and they fit perfectly, so I asked a passerby to click a few pictures with my cell phone. It was time to change my image, so I hope you will enjoy seeing the real me behind the rainbows I wear.

If you want to see my favorite angel wing picture, go to the Issues website and click the Musing tab at the top, it has 25 years of front covers along with my blog. That photo was taken of me sitting in front of the angel wing doors that lead into the Great Hall at Findhorn in Scotland. We were there for our honeymoon in 2006 as we wanted to learn more about intentional communities, which I feel are needed in Canada. I have told my angels they have only a few years left to manifest this vision as I continue to find ways to attract people with the skills and money to take over the Retreat Center. This is an ideal setting for a group of six people, younger than I, who are vegetarians, spiritually minded and can work together.

In the winter, I spend more time on my computer and we take the time to watch a few videos on the big screen. This year we watched all six episodes of Star Wars, in order. Now I will be able to connect the dots when I see episode seven. I enjoyed the director's comments as he envisioned the saga, the struggles and the technology that was not yet invented. Hearing how strongly influenced he was as a student of Joseph Campbell's mythology class made sense. He even got Joseph to go over the story line.

When Star Wars hit the big screen in 1977, I was married and living in Terrace. I was spell-bound with the dramatics of this fast-moving world of weird-looking creatures and fascinated that Luke Skywalker was being taught to use his intuitive sense. Afterwards, when outside the theatre a friend asked me what I thought of the movie, I said without blinking, "There is life on this planet." This was not a thought process, it was my angels talking.

Part of me wanted to find these New-Agers who believed in 'the force' but I had little kids and a husband who was a truck driver, and I was busy with chickens

*continues on page 6*

# Steps along the Path

## Love is the Answer

Just before dusk I sometimes find myself walking out to the little barn-shaped coop where we keep the 'girls', our affectionate name for the sixteen chickens of assorted breeds that are a part of our extended family. On the cold days we keep a light on in their coop to help them stay warm, and keep their drinking water from freezing. Danny, a long-time volunteer, changes the bedding and tops up the laying pellet supply so they always have food. He likes to give them a sprinkling of scratch, which is like wild bird food, a treat for them. Whenever we come into their space they swarm around our feet cooing and clucking. Some of our newer chickens are so tame they crouch down allowing us to pet their feathers. I think this has to do with compassion, caring and Love. It is my belief that if you give sentient beings Love they will develop a sense of safety in your relationship with them.

Not too many days after hatching out of their eggs, our latest chicks were under the care of our friend Kate. She would pick them up, tenderly pet them, and send them Love. One little fluff ball felt so safe she would scramble up onto her legs to get closer. Just imagine that you were only three inches tall and a giant five foot six being reached down to pick you up. It would take a lot of trust for you to feel safe.

As I mentioned in a previous column our chickens are in our care until they die. We care for them even if they no longer lay eggs. For me it is a moral obligation to provide care to the best of my ability.

There are times when I feel my heart open from feeling Love, it might be a hug from someone special, a heart warming story or movie, a poem or words in a book, or witnessing a beautiful act of kindness, the possibilities are endless. It has been documented that orphaned babies who are not picked up and cuddled often die. That is how important Love is to the human condition.

I remember a beautiful moment when Angele's Mom was in a coma from a stroke at our local Hospice. Knowing that it would be her last opportunity to express her Love and appreciation to the person who brought her onto the planet, Angele took off her shoes and crawled into the bed so she could hold her Mom. Even though she knew her Mom probably could not hear her, Angele told her how much she Loved her. It was an amazing sight, Angele was giving the Reiki of Love. I hope I am blessed with an experience like that in my last moments on the planet.

Dr. Leo Buscaglia taught that your capacity to give Love is limitless, it is not like your bank account, you have an endless supply. So Love IS the answer, it always has been and hopefully it always will be. And with that thought in my heart I take my next Footsteps Along the Path of Life... may they always be Loving ones.

**Namaste** *Richard*

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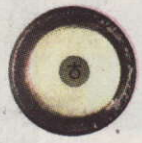

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**Musings** *continued from page 4*

and a garden. Just knowing these people existed gave me a feeling of hope. In Terrace, even being involved in our organic food co-op seemed out of the social norm. Around that time, I remember protesting when Canada sanctioned aspartame as a food. Back then, I did have inklings that my real job would be to educate those who did not know the truth about many things, and that it would just be a matter of time.

I have asked myself a few times how many people really believe in Nature devas, angels or the power of prayer. Do we create our reality so that our soul can learn to be whole and balanced? Do our bodies have a wisdom that our mind can't relate to? Are our minds more powerful than we can comprehend? Most of you have probably heard the quote by Marianne Williamson that it is not our darkness that most frightens us but our light, our greatness. If we are all One, then we are a collective, each contributing energy to what happens on this planet and beyond. The stars, the invisibles, past-life vibrations, microbes, etc. are creating this all-inclusive, complex flow of energy we call life.

In early January an email gave me hope that we are at the tipping point. It said Monsanto is going to be on trial at a Human Rights Tribunal in The Hague, charged with fraud, depletion of soil and water resources, species extinction and declining bio-diversity, and the displacement of millions of small farmers worldwide. Then I noticed the trial date was October 16 of this year, International World Food Day. Maybe I'd better check the facts. Yes, it is happening, but the mainstream press says it will be more about theatrics than politics. Still, the charge is being led by Vandana Shiva, an internationally respected Indian scholar, environmental activist and anti-globalization author. She will be joined by an alliance of organic, food sovereignty and environmental groups. I send her and those groups a blessing of support.

Even the WHO's new classification of glyphosate, the active ingredient in a widely-used brand of Monsanto herbicide, as a 2A product or "probable" carcinogen was more watered down than I had hoped. This newer definition is for those who use it, not those who eat it. This reminds me of the bumper sticker that says, "It will be a great day when the schools get all the money they need and the air force has to have a bake sale to buy a bomber." Let's keep envisioning Monsanto letting go of their horde of lawyers and cleaning up the many hazardous waste sites they have created, plus no more farmers or governments buying ten billion dollars' worth of their chemical products.

In the Star War movie, villain Darth Vader has a change of heart. It is my hope that Monsanto will too, for they like to portray themselves as an agricultural hero, a friend of farmers and a savior of the global South. Like Luke Skywalker though, we each have to learn what truth feels and looks like.

Buckminster Fuller once said, "To change something, build a new model that makes the existing model obsolete." I know how frustrating it is to grow food because the weeds always seem to win, but we need to work with nature and micro-organisms. We need to go back to live foods like yogurt

*continues on page 8*

# Bi-polar or Empathic
## *My Journey to Transformation*

by Maria Gould

I grew up in a world that began overwhelming me at a very early age. You see, I could feel what other people felt. I could feel their deepest hurts, heartbreaks, even their anger. Not knowing that these were not my emotions, I easily mistook them as my own. I became a very sad and angry little girl.

By age 11, I was anorexic and depressed. By age 18, I was trying to commit suicide. Being diagnosed as bi-polar at the age of 20 was the last straw. I told myself, "I am going to get a handle on this." As soon as someone tells me that "I have to live with this forever," there is a part of me that rises up to say "Heck NO!" I started asking myself questions. Why was I so emotional? Why was I sensitive and over-reactive? Why do complete strangers share their deepest secrets with me? My guides and angels were waiting for this opening in my heart.

A day later, a friend shared an educational podcast. As the presenter listened to the woman's story, I asked myself about being anorexic. When the presenter paused and asked the question, "Is this your issue?" The skies opened and I had a revelation. My mind took me back to the moment when my anorexia started, it was not mine! Oh my gosh! If something that had plagued me for 25 years wasn't mine, what else was I carrying that was not mine? Can we pick up and adopt paradigms from people? Yes, we can and we do!

The next few months passed in a frenzy of inner evaluations. I realized that the bi-polar condition was my teacher. I came to understand the depression was my mother's and the anger was my father's. No wonder I was labeled as bi-polar. My world shifted. I was free! The obsession of anorexia was finished and my bi-polar stabilized. My heart blossomed.

I had to share this with the world! I started talking to friends, other sensitives and emotionally-based people. We had so much in common. I started researching these symptoms and found out I was an empath. Are you an empath? If you answer yes to a lot of the questions below, you might be.

When you walk into a room, do you feel that a fight happened or that someone is crying? Do complete strangers tell you their secrets? Do you have stomach upset or unexplained body pain? Do you feel like an emotional wreck? Do you feel happier when you are by yourself?

After interviewing and helping hundreds of empaths, I have learned we have a "Healer's Heart." We want to save the world, but it overwhelms us. We want to help people but easily forget about ourselves. We feel. This is how we maneuver best in the world.

Did you know you can save the world and help people? It is easier if you know and embrace your gift of having a Healer's Heart. If you feel you have a Healer's Heart, please join our Facebook community ***The Healers Heart Empathic Support And Community.*** You are not alone in this journey called life. Let's support each other in love and respect. *See ad to right*


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*Image of the pebbles taken by Galali*


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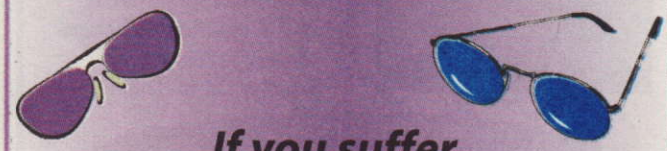

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**Musings** *continued from page 6*

and sauerkraut so our internal bacteria can keep us healthy.

Farmers need support. Doing it the easy way using weed killer has taken its toll. Many a family farm has been sold to the corporations because the children did not have the interest or the skills to make a living looking after the land. Chemicals have now destroyed the agricultural bio-diversity that has served mankind for thousands of years. With more people to feed and less useable land, food and land prices will just keep increasing till the masses can no longer afford either.

Truth and love are as real as my one angel wing in the sky. Real change happens from the ground up, until it reaches a critical mass or the tipping point. I think the yang energy that likes holding power over others while exploiting the Earth's resources is in decline. These days, the feminine or yin principle is becoming stronger. Women are feeling empowered and speaking up. They know about raising kids and caring for all creatures. Children raised in a nurturing environment where inner guidance is reinforced will have a profound and far-reaching effect that will transform our future. Once one learns to feel the truth, as in the Avatar movie, The Matrix, or even the Harry Potter series, the old programming and society's rules of conduct will fade and be replaced by a new model of understanding.

Like the cosmos, we are not dead matter but a living presence. Reflection or meditation will help quicken the revolution in human consciousness. Many amazing websites reflect this cultural change. New souls coming onto this planet will continue to raise the quality of vibration that the masters and gurus of the East have gifted us with. The voice we all have and hear from within will continue to expand as people like me explain how they hear or use invisible energy.

Once we accept our greatness, in all its craziness, the world will change. We are more powerful than we realize. If I had not listened to my inner voices oh so long ago, you would not have an Issues magazine to read and I would not have a life worth living. Thank you to the many who support Issues and the Festivals for the past twenty-five years. You are helping to create the change you want to see in the world.

I would love to meet you at one of the many Festivals that happen this summer. Come to Johnson's Landing for a restorative holiday, away from the bustle of the city, so you can restore your chi and return refreshed to do the work you do. The Issues website has been updated, if you subscribe, you will get notice when the new Issues has been posted. The online version now includes some added bonus pages.

Angèle

*Thanks to the Shuswap Coffee company and Pukka Teas for trading ads so you can have organic tea and coffee for the break at the Festivals. Good to support those that support us.*

# A Shop with a Conscience

by Angele with improvements from Katy

Nick started Still Eagle Planetary Persuasions in 1991, shortly after I started Issues Magazine. Nick is a pioneer when it comes to recognising the value and importance of organic, natural, hemp, sustainable, eco-friendly, local, ethical and fair trade consumption. These ideas are, of course, becoming more common as people understand what these terms really mean and their significance in the world. So I thought to celebrate Still Eagle's 25th anniversary I would write about this store and its founder Nick - the enduring entrepreneur who once upon a time bought an ad in my magazine.

Food and clothing are important issues that people need to be educated about. I know that mainstream cotton production is the most pesticide-dependent crop in the world, requiring lots of fertilizer. Nylon and polyester are made from petrochemicals and are non-biodegradable. Rayon is a process that converts any kind of pulp into fabric using toxic chemicals, 50% of which cannot be utilised and must be disposed of. Most fabric dyes are deadly poisons. All these chemicals contaminates the nearby water systems and has consequences on the health of farmers and the farming communities. To learn more about the effects of chemicals in Canada check out ***www.toxicfreecanada.ca.***

In its earliest incarnation, Still Eagle carried a selection of alternative books, calendars and t-shirts - the Western Canada Wilderness Committee was a prominent feature on the shelves. They sold many copies of *The Emperor Wears No Clothes*, a classic hemp bible, which was banned in Ontario at the time. How did an eco-activist store morph into selling sustainable fashion? Nick, the owner, said, "One day a local crafter came in with the first hemp hat I had ever seen. It was a revolution too exciting to ignore. The possibilities for using nature's ancient wonder plant seemed endless."

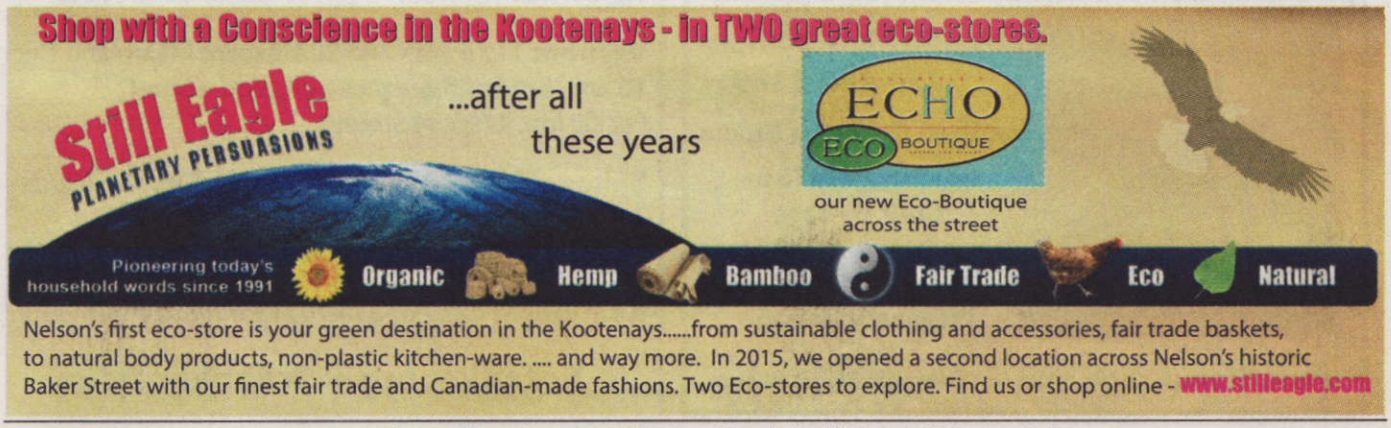
Nick wanted to promote hemp because it is an ecological crop, highly productive, easy to cultivate and pest tolerant. It needs no weeding, few or no agro-chemicals and at the same time it enriches the soil with its deep roots.

A few enterprising individuals started to make clothing from hemp fabric. By the mid-nineties it made sense for one company to place larger orders so that shipments from the United States were more economical. Nick become a wholesaler for the wave of hemp and eco-stores that swept the Canadian landscape. Over the next decade the shapeless, wrinkled, cardboard-looking hemp clothes evolved into softer urban styles as the industry created blends using organic cotton, hemp, soy and bamboo.

I have watched Still Eagles continuous growth as they enlarged and rearranged the store to accommodate the increased shipments. Two years ago they moved to downtown Baker Street, Nelson, BC. More recently they expanded to a second store that features Indigenous Designs, fair-trade, organic, Alpaca Creations from Peru, plus Movement Global, a Canadian-made high-quality, yoga and leisure wear company. The original store still has many eco-friendly products including hats, hemp rope, fair trade baskets, non-plastic kitchen wear and many eco-clothing brand names like Nomads and maha devi.

Hemp has been found among the remains of cave dwellers, thousands of years ago. In the colonial era the US dollar was made of hemp - Americans were required to grow it. It made strong sails and ropes for fishing and war ships. It could be used for food, beer, textiles, paper and even as a building material. THC levels in industrial hemp are so low it should be called anti-marijuana. However, the plastic and textile industries, along with the government had a different agenda and the next thing you know - growing hemp (not marijuana) was illegal. Such changes in policy allowed the chemical industry to gain lobbying power and control over the textile industry. The result? Social, economic and environmental destruction.

We are on the cusp of change, thanks to the support of businesses like Still Eagle and other ethical retailers. Organic cotton growers are on the rise because it provides an environmentally sustainable lifestyle. Many sustainable fashion brands take pride in the construction of their garments and bring much needed fair-trade standards to third world countries. Your purchase of eco-textile garments help in the development of sustainable products through conscious consumerism and the power of choice that we use with every purchase. Shopping for clothes these days is a lot like buying foods, you need to know the source if you don't want to support the chemical industry. *see ad below*



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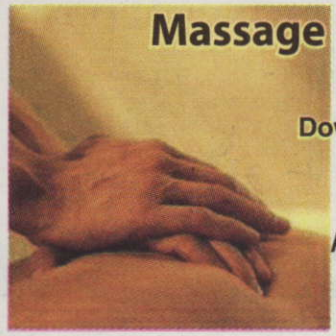

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Pacific Inn, 4790-34 Street

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**Kamloops:** call 250-819-7421 for more information

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# Probiotics... for my Pillow?

My introduction to digestive probiotics (beneficial gut microbes) was twenty years ago from a Registered N.D. who worked in my holistic clinic. Years later, I found myself specializing in digestive probiotics specifically designed for animals. This led me to learn about another type of probiotics – probiotic cleaners.

At a trade show, I saw a sign saying **Chrisal Probiotic Cleaners** and went to investigate. What I learned changed my life - literally overnight. I discovered that Chrisal's probiotic cleaners are safe, non-toxic cleaners enriched with beneficial microbes, and have been used in European homes, hospitals and hotels for the past decade. When applied to surfaces, the probiotic microbes quickly become dominant. They consume microscopic food and occupy any available space, leaving nothing behind for harmful bacteria to live on. Hospital trials consistently showed a very significant reduction in harmful bacteria on surfaces, and a two-year study demonstrated an astounding decrease of 70% in hospital-acquired infections - simply by switching from using disinfectants to Chrisal probiotic cleaners! I was impressed.

Then I read a trial that was conducted on hotel bedding. The study showed that applying Chrisal spray (BioMist) to mattresses, the levels of harmful bacteria were reduced. Another study showed using BioMist significantly reduced allergens in bedding. I suddenly had one of those eureka moments, remembering years earlier when the Naturopathic doctor told me that sinus problems and headaches could be triggered by an allergy to microscopic dust mite waste (poop).

You see, for months I had been struggling with morning headaches, stuffiness and congestion when I awoke. I'd tried diet alterations, medications, vaporizers, bigger pillows, different pillows, no pillows, slept propped up, even slept on the sofa and still I had coughing fits at night, and a groggy feeling and headache in the morning.

I asked the gentlemen in the Chrisal booth if BioMist could address dust mite waste, and was told that the probiotic bacteria actually consumed the dust mite waste as a food source, thereby reducing allergens in bedding.

Needless, to say, I purchased a can of BioMist spray right then. I sprayed my pillows, blankets, mattress, down duvet, sofa, and furnace filter – even my computer keyboard. The effect over the next week was dramatic for me. My nose was no longer stuffed when I lay down at night, my night coughing stopped, and I woke up without a headache. A can of BioMist now stays at my bedside and gets misted over bedding, on the furnace filter and fabric furniture twice a week - and goes with me to hotels. I share this to help anyone who may be having the same kind of problems.

Get more info at **www.sourceprobiotics.com** under the Personal Care tab.

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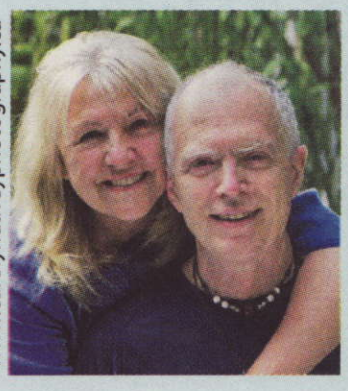
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and
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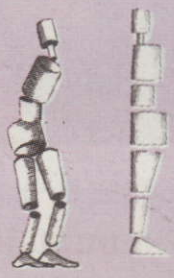

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# Are YOU waiting for the PERFECT time?

by Florence Rita Rickards

*Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." ~ Mark Twain*

Are you waiting for the perfect time to create a life you love? Many people dream of creating more love, joy and abundance, but instead of manifesting what they want, they let circumstances and conditions talk them out of it. People often wait for the time to be perfect before making any changes. Then year after year goes and things stay the same.

If I had waited for the perfect time I would never have created *Success Unlimited Training Institute* back in 1983. It was so exhilarating that thirty years later I can still be moved to tears remembering the many lives I touched, because I did not wait for the perfect time. Today I feel blessed helping so many people actualize their dreams.

Are you one of those people waiting for the perfect time? If you feel longings or discontent then pay attention to these signals. They are calling you to more life and greater aliveness. There may never be a perfect time to go for your dream, but the beginning of a New Year is an opportune time. Learn proven strategies that the great achievers throughout history have used. There is an art and a science to dream building that can be taught, learned and mastered with the guidance and support of a master coach. You are not meant to do it alone!

You can learn to create a life you love! You can realize your dreams! Don't let 2016 be another one of those years where conditions and circumstances stop you. Time may run out!

As Goethe once said "Whatever you can do or dream, you can do, begin it. Boldness has genius, power, and magic in it. Begin it now." *see ad below*


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# Temple Grandin and Me

by Wayne Still

You may have heard of Temple Grandin. She is a professor of animal science and welfare at the University of Colorado. Half the animals managed in commercial stockyards pass through handling facilities on their own accord, with a minimum of stress, because of her design. She is possibly the world's most famous person on the autistic spectrum having had a movie made of her story.

Her explanation of the mechanics of autism makes it fairly easy to understand. The brain is made of grey and white matter. Grey matter is where intelligence resides. White matter is where the intelligence is translated into communication and action. Think of white matter as a switchboard with connections going to various parts. Now imagine some of those connections are missing or connected to the wrong part of the person. Speech, general comprehension, understanding social cues, physical actions can all be affected to the personal detriment of the individual. Temple Grandin is an outstanding example of someone who, with proper training, was able to overcome the difficulties associated with autism. As with many others on the spectrum she has a gift, her ability to empathize with animals.

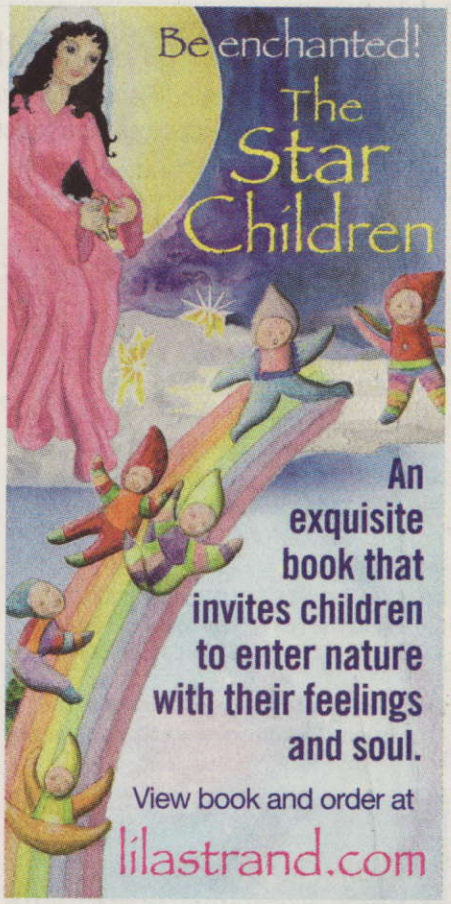
So what does all that have to do with me? A couple of columns ago I alluded to having had social problems in my life. This is particularly true when it comes to interpersonal interactions and communication. Comments I considered to be innocuous were misinterpreted and offence taken, sometimes leading to alienation. Social cues which could have lead to a deeper friendship were missed. Relationships which seemed promising dwindled rather than becoming deeper. I became more of a loner, happy enough on my own but not very comfortable in social situations where I had to make small talk or engage in conversation with strangers. I was able to recognize these traits as detrimental to my sense of wellbeing but thought they were unique to me.

A couple of months ago I read an article on Asperger's Syndrome describing symptoms and life experiences of those with the syndrome. That sounds like me, I thought!!! Yes, it was a bit of a downer to think that, in fact, I have a neurological disorder, but on the other hand I learned that I am in good company. Einstein, Mozart, Newton, Steve Jobs and a lot of the geeks working in Silicone Valley were, or are thought to be, Aspies. Apparently the lack of connectedness allows the intelligence to focus on a topic of interest with laser-like intensity which allows for great creativity.

Over the holidays I had time to do some in-depth research on the subject. I read quite a bit and was eventually led to YouTube and the many videos posted by Temple Grandin and others on the spectrum describing their life challenges. Almost all had difficult childhoods being friendless and bullied, which was my experience too. Many described being overwhelmed by visual and auditory stimuli making "normal" life difficult or impossible. Thankfully I don't have that problem, but I do prefer quiet music to the head banging variety. Interestingly enough, when I lived in India and China I found the crowds to be quite stimulating in a good way.

Autism expresses itself in each individual in a different way, that is why it is referred to as a spectrum. While there will be similarities, no two will be the same, so when you meet one on the spectrum don't expect the next one you meet to be the same.

I am now a septuagenarian and in all have lived a pretty good life as a high functioning, borderline Aspie. At least now I have a better idea of why some situations in my life went as sideways as they did. Temple Grandin has become a role model showing how far a person on the spectrum can go. *see ads to far left*

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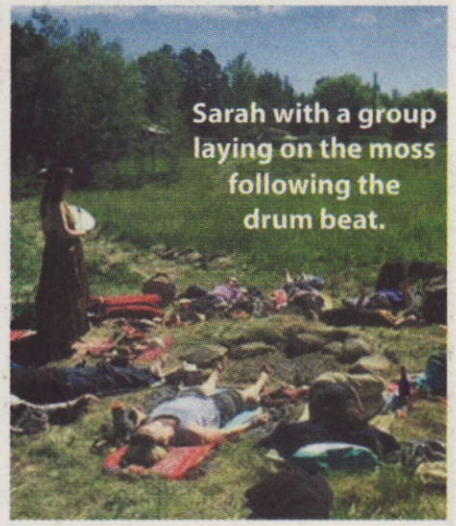
Sarah with a group laying on the moss following the drum beat.

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# Awakening your Power

by Sarah Salter Kelly

There is a craving in the wild recesses of our soul for power. Power sourced in that space where spirit and form are birthed as one, and we are aware of who we are now in this moment, filled with purpose, intention and grace.

Symbolized by the mythic aspects of our being, who treads the waters of the unknown fearlessly. The Luminous warrior, the Medicine Woman, the Sage.... We are hungry for the secrets, which sit so easily in their bellies. The answers to all of our Hows: How do I step into my power? How do I wield my power consciously? How do I allow for this power to run through me and fill me with purpose...?

For when we allow the raw power of the universe to flow through us, to become us, to connect us, we transcend the habitual patterns within our DNA, which tell us we can't. Our world needs us to wake up to our power. To wake up to our heart-focused ability to co-create a reality in alignment with ALL of our relations. We need the wisdom of the Sage, the Medicine Woman and the Luminous Warrior. Be it to affect positive change within our own lives or upon our planet.

Shamanic ritual opens the doorway to meet our power, calling forth these highest aspects of ourselves through experiential practice. Embodying the Sage, Medicine Woman or Luminous Warrior is easier to fathom when you find yourself literally in the woods, with a circle of people laying on the moss and following a drum beat as it leads you deep into the earth. Or standing before a sacred fire with a group singing around you as you offer your prayers to the fire, calling forth your deepest wishes.

One of my favorites is a group purification ritual at a flowing body of water, activating the consciousness of the water as a teacher, to inspire those present to open to personal healing, and awaken their ability to tend to our very real water issues on our planet. Each of these acts bring you outside, where you encounter the forces of the Mother Earth and Creator God first-hand, and the mirror to your power becomes more than an idea, it becomes an experience.

*White Raven Woman aka Sarah Salter-Kelly will be an instructor at the Spring Festival of Awareness in the Kootenays*
*May 20-22, 2016*
*check other side of magazine for details*

*Her website is below in the ad*

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# Emotional Integration

with Galali

From the moment we enter this world, we are taught by example to fear and resist pain by controlling it or by distracting ourselves from what we truly feel. Feeling emotions without placing conditions on them is a big part of what emotional Integration is. It is like a flashlight that gently brings awareness to the shadow aspects of repressed emotional energy so it can be purged, allowing that energy to transform back to its original harmony

Once we initiate a perceptional adjustment by consciously bringing our attention to the inner landscape of our emotional body by being with the pain we bring awareness to the causal point of distortion. Thus allowing ourselves to move from our beings rather than genetic imprinting or our patterned belief systems that encourages us to believe in separation from our very nature. Below are some words from a participant in a workshop I hosted last year.

*"When I first met Galali I was hiding a lot of pain under a cheerful smile and a lot of hard work. As soon as she walked up to me, something inside me woke up and told me to pay attention. When she first started singing, I had no idea how much pain I was holding onto. It was obvious to everyone except for me. She started singing and each time she sang, I felt something shift deep inside. I didn't have words for what was occurring but slowly I started noticing how I was truly feeling. It wasn't comfortable and I didn't like it and wanted someone to blame or perhaps hide that part of me. I didn't like Galali because I wasn't able to hide anymore. She took none of this personally because she knew it wasn't about her.*

*Galali embodied unconditional acceptance and support that I had never experienced in my life before. She stayed present as I learned to stay present for myself, giving my challenging emotional states some unconditional attention. Never once did she get upset or angry with me for not learning how to stay present within a specific time frame. Subtle and overt abuse in my childhood shaped my mind to think in patterns of "I can't learn, I'm stupid and I'll never be good enough." Instead of attacking those thought patterns or trying to make me think about why they were incorrect, Galali reminded me to stay with the feeling those patterns generated and allow the sensations and movement of each emotional state. I learned not to shove them back down and lock the pattern in more deeply. She completely left the thoughts alone and taught me to stay with the quality of feeling. She showed me how to be "tenderly OK" with what was actually occurring. When feelings of running away appeared, I stayed with them and reminded myself not to numb out in the variety of ways that I was used to.*

*Galali has shown me that emotional integration is a lifelong process. There isn't an end goal or result. Knowing that, takes the pressure off being anything other than a truthful expression of life, and makes it possible for me to contribute to life in my own unique way. "* *see ad upper right*


Emotional Integration

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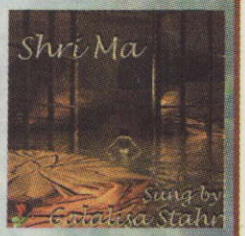
**Full Moon & Summer Solstice**

Fri. evening to Tues. noon

in the Kootenays

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# Pure and Simple

Marion Desborough

I was first introduced to Vibrational Greens by Lila Elliott of Okanagan Live Blood Cell Analysis. I chose the apple flavour because I don't care for peppermint drinks and the plain didn't appeal to me. I began taking it in a smoothie last year and didn't think much about it as I continued with my life. After about six months my supply ran out and I continued making my smoothie without it. As the weeks progressed I started to feel sluggish, no energy, my body was not its usual self and I did not know what was different or missing. This product was such a gradual helper I did not realize its worth until I stopped taking it. Now I am back on the product, convinced that my body truly needs and enjoys these ingredients.

My problem with supplements is that many have binders or ingredients that are a derivative of monsodium glutamate. I am happy to report this product is certified organic, non GMO, no algae, no soy and definitely no MSG.

Vibrational Greens was formulated by a Nutritional Microscopist, Fred Shadian, after years of research and conducting hundreds of Live Blood analyses worldwide.

**www.VibrationalGreens.com**

# Have You Heard the Call of Soul?

by Harold Klemp

"If you are a sincere seeker of truth, you realize that something within you is constantly pushing you from the nest. You know the answers you seek do exist somewhere in the world. This inner force that pushes you to find the answers is an urge you have no control over.

It is the call of Soul.

Prayer. Meditation. Contemplation. What's at the heart of these spiritual practices? Each is a response to the call of Soul. Each represents an individual's desire to contact the source of all truth. Different paths to reach the same goal.

You are Soul, a divine spark of God on a journey homeward. Soul wants to experience more of the Voice of God, which can be heard as Sound or seen as Light. This Voice often remains an unconscious inner experience of which the outer, or human, side of the individual is not aware.

Outwardly, all you know is this gnawing feeling that there is more to life than you have yet discovered. So you begin your search through different philosophies, looking for the missing link.

You have heard the call of Soul and set off in pursuit of God."

# HAVE YOU HEARD THE CALL OF SOUL?

"If you are a sincere seeker of truth, you realize that something within you is constantly pushing you from the nest. You know the answers you seek do exist somewhere in the world. This inner force that pushes you to find the answers is an urge you have no control over. It is the call of Soul."

– Harold Klemp, *The Call of Soul*, p.1

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# Fusion of Emotion Transforms Stress into Compassion

by Minke de Vos

Have you felt under the weather and have trouble clearing the clouds? In a Shakespearean play a dramatic character brews with intense emotion until the thunder rolls and the lightning flashes, sometimes with destructive force. Where do these internal storms arise from? The ancient Taoists realized that our emotional atmosphere is like weather conditions which arise from our internal organs.

How can we create more balance and harmony within our internal environment? The Taoists explored this question for thousands of years and created practices called Qigong (Chi-Kung): movement, breath and intention to cultivate the body, mind and spirit. *Fusion of the Five Elements* are meditative formulas, a science of how polarities counter balance each other. For example, water extinguishes fire, fire melts ice, peace calms impatience and love melts fear. This is a part of the *Control Cycle*, which is applied extensively in Traditional Chinese Medicine for healing and preventing excess or deficient conditions. We will also use the *Creation Cycle* for growing virtues into compassion. For example, water nourishes wood, and wood fuels the fire, peace nourishes kindness and kindness gives birth to love.

We affect each other and the world around us through the emotions we emanate. Instead of dumping our emotional burdens, we can use the counteraction and fusion of opposites to recycle the energy, like raw material, into neutral force. When you do this inner work, you resolve patterns and beliefs that stem from childhood, past life, and ancestral imprints in our DNA that have been passed down through the centuries. We fuse the energies in our core as if we have a cauldron or a blender inside our navel centre. The raw extremes are blended, refined and fused into positive states of well-being. The balanced elixir forms a Pearl in our centre, which centers us no matter how stormy life gets.

Our negative, sticky and suppressed emotions rob us of our energy. We can liberate extensive amounts of energy from our self-created prisons. The test of this practice is how well you take responsibility for your emotions and responses to life. When the fused energy is neutralized it has a quality of unconditional love and acceptance, which multiplies virtues and compassion. Love brings out the warmth of heart which melts the frozen, icy fears that are contracted in our kidneys and bones. The kidneys then return to their gentle and peaceful nature. The water, in turn, calms our overheated heart to make it more at peace.

We easily can give our loving devotion to children when they are crying out for attention. By listening to our organs' messages, like children, they will tell their story and responses to your life truthfully and honestly. Treating our organs as inner children will bring out the purity and innocence of their true nature.

You can learn practices to create optimal conditions to grow your inner child and mature your soul. Since the inner child is sensitive and vulnerable, we need to be mindful and present. It is our positive radiance that is our best protection. The glow that you have around you is what you attract. Light attracts light, and dark attracts dark. The shamanic internal animals and guardians protect your auric field and attract good Qi towards you. You will learn to activate psychic channels to clear the space around you. These channels circulate through your core and around you like whirlpools and fountains. Anyone can benefit from this personal development.

You can learn tools to discharge and transform negativity that you may pick up from those around you by transforming it into healing light. You can learn skills to managing your energy wisely. Learn how to build up your reserves of life-force by tapping into sources of energy from the heavens and earth. Anyone involved with creative expression will be inspired by the dynamic play of the elements!

Kundalini energy, when awakened, will work through the elements to bring us into greater wholeness. This clearing might manifest as shaking, detoxification, visions and lucid dreams. Although the process can be strange and intense, it will create a new, more grounded and clear reality for you.

The earth is going through big changes. When we connect with the elements we can flow with these changes. We can become mindful artists, playing with the full spectrum of our emotions. Through Inner Alchemy, our emotions are transformed into compassion, healing light and vitality. Cultivating new levels of energetic harmony inevitably ripples into the world around us. Five Element Qigong is for anyone interested in consciously living within the Tao, our true nature.

*see ad below and on page 9 in the Retreat section on the back side.*

# Food for Thought

with Marion Desborough

I first met Deborah Doiron at the Wise Women's Festival that is held each September in Penticton. The following month I attended the Kelowna Wellness Fair where I learned more about her healing modality. Deborah has a machine called a Biopulsar. This tool gives scientific information with an objective interpretation of the body's electromagnetic field and the seven major energy centres. The Biopulsar technology incorporates biofeedback, neuroscience, reflexology, kinesiology, palmistry and more. There is a gold-plated hand sensor, which is a refined receiver to biomedical signals, which reads the organ reflex zones on the palm of your hand. A minute after you put your hand on the plate you see the vitality of 43 organs and glands as well as the health of your aura and chakras. At this point Deborah takes a picture of this so you can keep track of your progress.

After putting my hand on the plate Deborah told me many things about my health that were accurate. She even told me about an issue I had just found out about that morning. She could back up this information and scientific technology in a book she showed me. Deborah and I chatted and I learned about her extensive background and that she has been doing this for over 20 years. Recently she moved to B.C. and is attending health shows and fairs to gain exposure.

I have committed myself to doing Deborah's program for the winter and expecting wonderful results. I like her professional, concise, up-front and honest evaluations that have helped me understand my body in a fun and interesting way. As I continue this journey I really want to better myself in all ways. As they say "When the teacher arrives the student is ready." I will keep you posted on my progress. ***Deborah lives in Falkland and can be contacted at 778-212-9500.***


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Deborah says she will work in the Healing Oasis at the Spring Festival of Awareness in April.

# Bach Flower Remedies for Pets

by Sarah Brune, BFRP

Our pets are an important part of our families. So, when something goes wrong, it's a great worry because they cannot tell us how they feel. Recently our dog Harry had to be taken to the vet because he has some growths on his paw. We decided that the best plan of action would be for him to have an operation to have them removed. Fortunately the operation went well. We were given a list of instructions which included keeping his bandage on his paw dry. This was going to be a challenge because the weather was very wet. Harry seemed to be in good spirits despite the fact that he was wearing a cone.

To help with the healing process I made up a remedy mix for him, which included Crab Apple (for cleansing), Beech (for tolerance of the cone and for any pain), Impatience (for patience), Walnut (for coping with change over the convalescence period), and Rescue Remedy (for shock/trauma/stress). Four drops were added to water, his food and treats daily. I took some Red Chestnut so I would not worry.

To our relief his paw was healed in a week and the cone removed.

Rules in selecting a remedy is that we ask:

- Are they a social or solitary species?
- What behaviour is innate to this breed?
- Are they being managed properly?
- Are they in fear or distress?
- Are they in discomfort?

It is best to try one remedy at a time to see if it works. If it is not needed it will cause no harm. The dosage is two drops from the stock bottle and four drops for Rescue Remedy. As the remedies are preserved in 27% grape alcohol they can be diluted in water, put on a treat, or applied topically.

The remedies will not change the inherent temperament of a particular breed or animal, but will help bring them into balance. The remedies do not treat any medical conditions directly. If you are in any doubt about the health of your pet, please seek the advice of a vet. *see workshop ad to right*

*Sarah Brune is a Bach Foundation Registered Practitioner (BFRP), and author of the book Bach Flower Reflections. She owns Inner Harmony Healing and is based in the Comox Valley, BC. www.BachFlowersCanada.com.* ***See her ad in directory under Bach Flower.***


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# Intentional Community

by Sky Blue, executive director at Communities Magazine

*Living in an intentional community is one of hardest things you can do. Why? Well, despite our social nature we've managed to create a hyper-individualized society. The luxury is that you don't have deal with people very much, and people are hard to deal with! The downside is we're left empty, turning to unsustainable pastimes to fill us up. And the irony is that the convenience of isolation leaves us largely helpless. When it comes down to it, we need each other more than ever. There's the romanticism around the rugged pioneer going it alone, but that's not really what we're going for either.*

*Living in an intentional community is also one of the most satisfying things you can do. We need each other. This isn't a bad thing. We need to feed each other. We need to love each other. We even need to fight with each other. Not violently, we hope. But conflict is part of being human, and ultimately is part of the intimacy, the knowing of each other that grows amongst people in community over time, generating a sense of togetherness and satisfaction that satisfies our soul and nourishes the world.*

*Sharing and working together is going to become an increasing necessity in the coming decades. It's a deeply appealing and terrifying notion, and right now it seems impossible to many people. But that's why these communities are important. They're attempting the impossible, and in doing so they expand our understanding of what is possible.*

The words in italic came from the Intentional Communities Facebook page, letting readers know the new edition had been shipped out. I no longer subscribe and decided to stop reading the IC magazine a few years back, after losing hope, that our vision to create a Canadian version of Findhorn seemed unlikely.

It would be easier to sell the place than feel the disappointment each time a new person arrives and does not stay, for a variety of reasons. I so wanted people to share the work load and create what is needed in this world. Richard loves all the projects he gets to create. It is I who wants help in the kitchen, the garden, doing the paper and promotional work.

Recently a man phoned who stayed with us several years ago. He has travelled to many places since 2012 and now has a craving to be around some like-minded folks who want to be of service and treat themselves and the planet fairly. After exploring his options he has chosen us, this feels supportive.

This place is ideal, a bit out of the way, but nothing like living up north. Our winters are mild, we have good quality water, clean air, no one uses toxic chemicals, even BC Hydro does not spray the right-of-ways. If community members stick around for a while we have some co-op land where they could build a home, giving them a break from 24-7 living conditions, since we all share the lodge for the winter.

Richard and I will do our best to become more clear on how to let go as younger people take over the reins and buy us out, keeping our ideals in mind of not-killing animals to eat, doing permaculture style of gardening and being in integrity with the earth and trees.

We appreciate that Danny has been here for three years this spring. He does a great job of shovelling the snow, looking after the chickens, keeping the grounds trimmed, bringing in the fire wood and so much more. James returned for a second winter and completed the detail work in the Dome. His old profession was with computers so he also helped to update our websites. Many thanks to Nick who gave us a good week of his time this fall working on the timber frame porch that now protects the exquisite Om symbol made with colored pebbles from the lake by Generosa, several years ago. His rock staircase is still standing handsome as ever, along with Tara sitting under her roof on a rock that he chose, and Richard moved. She loves overlooking our large lawn and garden. I planted some snow drops last spring at her feet, so expect to see some blossoms soon as the snow is already melting.

*Interested in community building and sharing your skills,*
*phone: 250-366-4402 or check www.JohnsonsLandingRetreat.bc.ca*

# The Power of Presence

by Sue Stevenson

There is a purpose to life that is so profound as to be unimaginable to the ordinary mind. I'm referring to what lies beyond our ordinary ego or personality structures. Some call it the soul, true self, or essential nature. It has been the subject of saints and sages throughout the ages. They say that all suffering exists at the ego level and that total freedom exists at the level of true self.

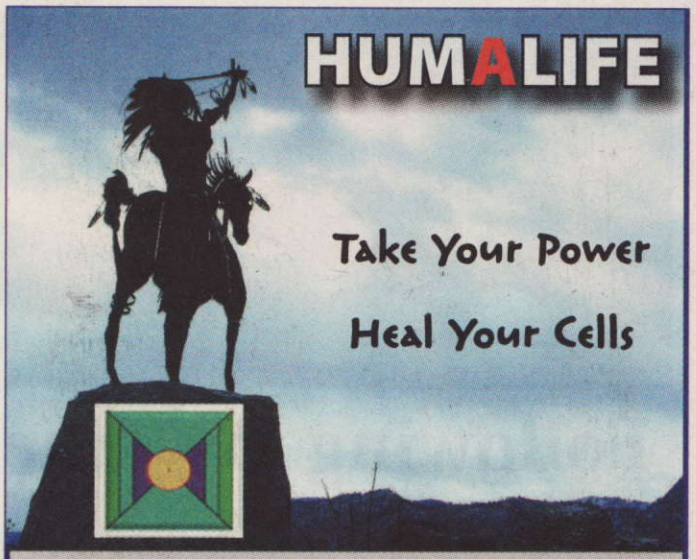
I had my first experience of this realm at age 14 when sickness brought me to the edge of death. I was in so much pain that I called out for help as I lay unconscious in bed. I heard celestial music as three light beings (angels) sang me back to pain-free consciousness. I was aware of having been in a realm of great beauty and luminosity. It was also a place of the end of all fear or lack of any kind.

Unfortunately, in our society most people have no knowledge of the boundless realm of true nature. It's not taught in schools or churches and it is not well understood in science or psychology, although there are clues and inklings in these areas.

Nature is so grand because everything we could ever want or need is provided, even solutions to suffering and death. Life itself is compassion and love beyond what we can ever conceive of through a limited mind. That's because all the greatest experiences of life are only available through a calm, quiet and open mind that can be transcended.

Some of these experiences include utter freedom, intense aliveness, unconditional love and tender caring compassion for all living beings. Here there is no loneliness, even if you are alone in the world because our true self is what we have been calling for all along.

From this place of freedom and fullness, we can meet life head-on in full spontaneous presence with a fearless heart and clarity of mind, so that we simply become vessels for universal intelligence and divine love. This is evolution calling us, but there is much work to do; work that is meaningful and also fun. The shortest route is the practice of presence. When we are fully present with whatever arises, we are in the process of unravelling fears and constructs. As we c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# From Darkness to Light

by Sara Baker

As a young woman in my early 20s, I experienced a very difficult life challenge that resulted in suffering from debilitating anxiety attacks. One night while lying in bed beside my sleeping husband, I felt the familiar panic and terror creeping in, and although my first inclination would be to seek refuge in his arms and tell him what was going on, this time I didn't do so. Deep inside I knew that once verbalized, the feelings of panic would intensify. 'Speaking out' the fear, somehow made it more real. As I lay there considering this, it came to me that to 'speak out' my fear was simply to bring into the physical world, something which had previously been non-physical -- a thought. I was creating my circumstance, my experience, my reality - with my thoughts. Further, I realized that if I was the thinker of my thoughts, and could create a reality of panic and anxiety by thinking it so, I equally had the power to un-create it. I could create any thought I wanted and call it reality! That was the beginning of my victory over fear and anxiety. It took some practice, but attacks disappeared.

In the over 40 years since then, I have come to understand that the 'reality' into which I was tapping was beyond the mind. I had entered into the realm of soul or spirit, the field of infinite peace and clarity that lies beyond the personal mind. In that place we are healthy, balanced, joyful, calm and loving. That is our natural state, and through inadvertently accessing it, I had stumbled upon a form of healing meditation and practice. But what was actually happening during this practice? When we walk into a darkened room, what do we do to eliminate the darkness? We turn on the light!

So it would follow that when we suffer from a 'darkened' or 'heavy' heart, due to anger, fear or sadness etc., the best way to remove that feeling is to bring in the light. And this is exactly what the practice of meditation - connecting to the realm of the soul - does. I have found that the easiest and most effective way to do this is through a practice called the Four Power Technique. By simply 1) placing the palms over the heart, 2) focusing the mind's eye in the heart and visualizing bright golden light within it, 3) requesting light from the sun, the moon, the stars - or your favourite heavenly saint - to shine into your heart, and 4) chanting a simple phrase such as 'golden light fills my heart' for 3-5 minutes, 3-5 times a day, you can change your reality.

There is an ancient adage that says 'what you chant

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# Hypnosis

by Ruth Hart

Like many, I did not know much about hypnosis until I became involved with the study of this wonderful tool by accident. Did you know you are in control at all times and in a state of total relaxation? Once you learn to relax totally, it will change your life forever. All hypnosis is really self-hypnosis and the hypnotherapist is simply the facilitator.

Did you know that only five percent of the mind is the conscious and ninety-five percent is the subconscious? Everything you see goes into the subconscious. This is why when we experience unhappiness or trauma in our life, the effect can be lifelong unless we take steps to change it.

Since the age of twelve I had developed my intuitiveness as I could feel other people's emotions. As an adult I wanted to learn how to help myself and those around me.

Being an intuitive reader I meet many people from all walks of life. One troubled lady came to see me for a reading. I told her about a traumatic experience that had happened at seven years of age and felt it was still haunting her, forty years later. She said my words did not address the real problem and wanted more of an understanding. I suggested we try

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# Loving Ourselves

by Brenda Barton

We have all probably had times where we didn't like how we were feeling or might not have liked the outcome or the situation created because of our feelings. Loneliness, grief, stress, anxiety, fear, terror and depression are a few of the larger feelings we often like to avoid, deny or simply "duck and cover" when they show up in our lives.

We have been told, and we know we need to look at, why they manifest but do we really know how to do that in a loving manner? I find I need to hold a space of compassion for myself when I do the deep looking, because if I do not, I find that impatience, fear, anger and judgment direct these thoughts and become self-punishing. Whenever negative emotions arise, compassion towards ourselves creates a place of peace and safety in which to examine the situation and feelings objectively.

I have observed and personally felt that sense of disconnection that can cause loneliness, which then creates anxiety, depression and stress.

We live in a fast-paced society where people are busy working and doing many activities. We need to learn to slow down and connect with ourselves in a meaningful way. This sense of connection opens our heart to love. When our heart is open our vision can shift to more positive emotions, such as happiness and peace. We need to find ways to love ourselves with gentleness and tenderness. Once we start to feel better about ourselves it is also easier to feel better about others and the wonder of life. Counsellors can help you develop a new pattern to counsel yourself, so that when illusions of separateness appear we can transform them into love.

*Brenda is a clinical counsellor who works with Marilee Goheen, please see ad on page 3.*

# Vocal Freedom

by Huria Schulte

It all began when I lost my voice during rehearsals. My deep yearning to get to know mySelf, as a channel for authentic expression with a deep commitment to permeate the profoundness of human nature, led me to first become an actress. Losing my voice on stage was a turning point in my life. It was terrifying to feel the helplessness of needing to speak and not having control over my voice. The uncertainty of not knowing what was going to happen brought me into a state of despair. I felt like a prisoner in my own body. Questions rose to the surface of my mind: How severely are my vocal folds affected? If not acting what will I do?

I had studied a technical-oriented acting training in Berlin, Germany. During my studies I wrote a theatre manifest. Theatre was a sacred place where one could experience catharsis. I regarded the actors as a group of people who created common ground where each could thrive and empower the group as a whole. A performance was meant to be a ritual through which the spectator would leave the theatre transformed. Once I completed my acting training, reality showed me the opposite. Yet I was interested in exploring human nature, to experiment with the diversity of human expression, and I wanted to experience a process rather than deliver a product. I needed to be true to mySelf.

I searched for a holistic approach. I went to speech therapy which led me to body-work sessions, since I was becoming aware of not only my emotional tensions but body tensions. I experienced how the body and voice are interwoven and how one effects the other. Five years later I realized I could not work in the commercial theatre and I came up with a plan, I became a naturopath with a particular interest in body work.

The link between my theatre and therapeutic knowledge found a synthesis in the Linklater Voice Method, also known as Freeing the Natural Voice. The founder had originally inquired: "How come when actors play a role with strong emotions they can strain their voice or even lose it?" The method is based on a series of precisely structured exercises that release psychological and physical tensions. It works from the inside out. After about five years of studying I received my designation by Kristin Linklater in London, England.

To hold the vision of sharing oneness keeps me following my voice yarn and walking my voice-path, which reveals the unfolding of my life tapestry. Thanks to the loss of my voice, my self-inquiry has deepened, tremendously and led me to find my love for voice work. It makes me feel wonderfully alive and brings me in touch with the core of my being.

In my voice coaching and Linklater Voice Training I integrate self-awareness with the emphasis on body awareness, release of mental, emotional and physical blocks, mindfulness approaches, spirituality and improvement of interpersonal relationships, at work and in private life. I support people to reclaim their birthright, vocal freedom. "Rejoice with me in the most beautiful treasure we embody: our voice!" *see ad above*

# The Cook's Corner

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

Breakfast for me is the meal that sets the tone for the day. If you have a bit of more time make this veggie and egg dish called a Frittata, it not only tastes delicious, but looks really special. This is an Italian omelet which is baked in the oven. It makes a wonderful lunch entree and it can be cut into squares and served cold as a snack food. You can even use it as a sandwich filling. If you like planning ahead, prepare the veggies the night before and put the eggs on the kitchen counter so they reach room temperature for the morning.

Bon Appetit, *Richard*

## Italian Frittata Serves 4

### Ingredients:

1 medium **ONION** finely chopped
1 stick of **CELERY** finely chopped
1 clove of crushed or chopped **GARLIC**
2 cups finely chopped **GREENS:** Kale, Collards, Swiss Chard, or Arugula (not lettuce)
2 Tbs. **BUTTER** -or- **OLIVE OIL**
*See OPTIONS for other things to add
6 **EGGS** (room temperature not cold)
½ tsp. **SALT** (Celtic Sea salt if available)
Grind in some **FRESH PEPPER**
1 tsp. dried **OREGANO** or 2 Tbs. fresh chopped
1 tsp. dried **BASIL** or 2 Tbs. fresh chopped
1/4 tsp. **CAYENNE** (or more to your taste)
Optional: **GRATED CHEESE**

**Utensils:** Cutting board • sharp knife • garlic crusher • measuring cup and measuring spoons • wooden stir spoon • mixing bowl • egg whisk or fork • rubber spatula • cast iron fry pan **-or-** a regular fry pan and a 9" x 9" glass baking pan (or something close) • oven mitts • cheese grater

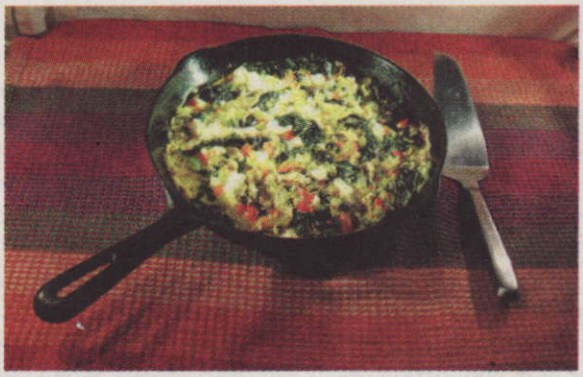
### Options:

**Fillings:** Aside from the basic items - celery, onion and greens - everything else in this Fritatta is open to your creativity. Just use your common sense to see what will be compatible. A sample of other options might include chopped red peppers, mushrooms, tomato, mint, feta cheese, tofu, summer squash, etc.

**Hint:** If you wish to expand this dish add 3 eggs for every additional cup of cooked filling.

### Directions:

- Chop all the vegetables (see above) before you turn on the oven.
- Next pre-heat your oven to 400 degrees. If you are using an oven proof glass baking dish, place it in the oven to warm up.
- In a frying pan, fry the onions, garlic and celery over medium heat in butter or oil until almost tender (5 minutes).
- Meanwhile scramble the eggs in the bowl with your whisk or a fork (if they look very sticky add two tablespoons of water or milk)
- Stir into the onion mixture the finely chopped greens with all of the spices, salt and pepper and continue heating until the greens become soft (probably 5 minutes if covered). Turn off the heat.
- If you are using a cast iron fry pan you can push the cooked veggie mix into the center of the pan and rub butter around the inner walls of the pan in preparation for the eggs.
-OR- If you are using a glass baking dish remove it from the oven and rub the insides with butter.
- Spread the veggie mix out flat in the glass dish or cast iron pan.
- If you want cheese, grate it over the veggie mix now.
- Pour in your room temperature eggs and mix it around 'gently' with a fork.
-Back into the hot oven for 15 - 20 minutes. It is done when you shake the pan and the eggs do not wiggle.



### Regular Omelet:

If waiting for your meal is not in your day plan then make a regular omelet: cook the veggies and spices as above. Take them out of the frying pan and add a bit more oil. Now cook the eggs, scrambling them until almost set. BEFORE they are totally set turn off the heat, mix the veggies back in and grate some cheese on top. This technique keeps the flavours separate so that each forkful is slightly different. :)

*see past recipes at* **www.issuesmagazine.net**

# Cycles and Phases

Our personal relationship to the Sun and the Moon

by Shawn Limbach

If we understand the natural laws of cycles and phases, we may accept more easily that conditions are always changing whether globally or personally. Acceptance does not necessarily mean, complacency. Knowing the pattern of cycles, using astrology helps us use the 'energy' of a time period to our advantage, keeping us in flow which are rooted in natural principles. If I have a look at my chart I can know when to put elbow grease into a work project or lay in a hammock dreaming about a new creative venture.

Astrology looks at the relationships between celestial bodies to find meaning relevant to events on Earth. It is a natural medium that can help us become familiar with cycles of change. In my own life, studying the phases of the Moon and other planetary cycles has increased my capacity to feel more engaged in my own life's journey, even less frustrated when I want to harvest the fruit of my efforts which have not ripened sufficiently.

The Lunar cycle, that is the relationship between the Sun and the Moon is 29.5 days and within that period are 8 phases, each with a unique quality, alternating with the principles of Yin and Yang, offering respite or inner work, followed by more active or external pursuit. Each of us has a personal Lunar Cycle which is 29.5 years long.

Lunar phases are roughly 3.7 days long in real-time and 3.7 years long in individual lives. Moon signs play a role in this cycle by changing zodiac signs every 2.5 days. This creates a unique energy flow each month.

● The New Moon phase begins the Lunar Cycle. Seeds are planted, intentions set or promises made. Time to initiate something new. The moon sign colors the intention. Yang.

◐ The Crescent Moon Phase is used to understand the value of the intention and to gather information for the rest of the cycle. How will I change my routine? Yin.

◐ At the First Quarter Phase we are asked to commit. Resolve not to return to the old ways. It is time to build the foundation, protect and secure the intention. Yang.

◐ The Gibbous Moon is one where we recognize a solution or talent, followed by an analysis if it is going to bear fruit and what to do if it won't. Yin.

○ At the Full Moon, what was initiated at the New Moon is ripe. No more work to do but present the result to others. Feedback comes from the outside connections. Yang.

◑ The Disseminating Moon is a time to share what we have learned. We reflect on the larger meaning especially if feedback is not what we hoped. Time for reflection. Yin.

Last Quarter Moons are decision-making times. What did we learn in the first quarter. Time to actively discard. Ideally integrity plays a role. If we let go, do this in a good way. Yang.

Balsamic Moons close the Lunar cycle and prepare for the next one. It can feel like a time of loss in the personal Lunar cycle. Dream, meditate, envision, rest. Lying fallow prepares the inner landscape to accept the seeds of the next cycle. Yin.

Through watching these phases, one can learn astrology through daily life practice. I recommend journaling the highlights and feelings of each day, marking down the moon sign and lunar phase. Over time, you will understand your lunar pattern. You might notice where you would like to rest, pay attention even if the phase is not YIN or inner-directed, it may be the perfect time based on your own birth map.

February 8th Aquarius New Moon • 22nd Pisces Full Moon
March 8th Pisces New Moon & Solar Eclipse
March 23rd Aries Full Moon & Lunar Eclipse
April 7th Aries New Moon • 21st Taurus Full Moon

Shawn is an Evolutionary Astrologer, Spiritual Health Coach using bioresonance energy work. *See her Marketplace ad.*

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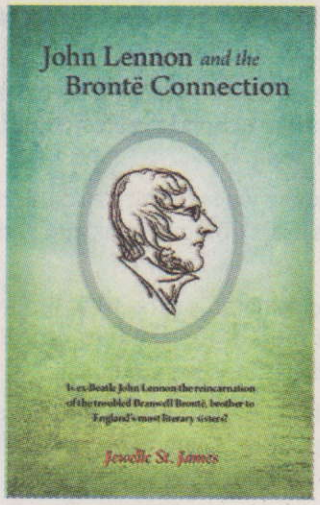


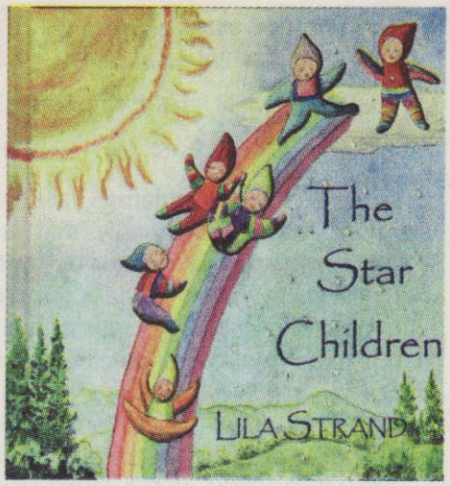

# Book Review by Christina

## John Lennon *and the* Bronte Connection

Jewelle St. James • St. James Publishing

I have with enjoyment and wonder reviewed Jewelle's previous books, so was happily anticipating her latest offering, and have not been disappointed. The Bronte sisters are among my favourite authors since childhood, so for them to be part of the spirit who was John Lennon's journey (which I first read of in All You Need Is Love) is beyond intriguing. On the cover resides the question: Is ex-Beatle John Lennon the reincarnation of the troubled Branwell Bronte, brother to England's most literary sisters? At school in England, I was taught at length about the women who dared to write novels at a time when they had to use men's names to be even considered for publication. When it came to the Brontes, Branwell was passed off as a wastrel, a drunkard, and a misfit in a family of obvious genius. Yet my teacher of literature was keen to defend him, confident of a brilliant mind overshadowed by unhappiness and general misfortune. Only one other pupil was in the least interested, and she questioned the meagre details at length, only to receive the teacher's shrug, "We'll never really know."

This book brings Branwell to life, where perhaps before he had been a one-dimensional character on the periphery of his sisters' fame, if he was even considered at all. He died young, unfulfilled and misunderstood. Now with Jewelle's book, we are brought to a level of understanding and empathy that my long-ago teacher would have loved; and we are given an extraordinary dimension to him in his part of Jewelle and John's journey. Jewelle was at first skeptical about her connection with John Lennon, questioning and doubting, yet the spirit of John continued to speak to her in different ways, and at first falteringly she began to move forward. When speaking with people who feel they are being reached out to from the after-life, I have recommended Jewelle's books because she speaks from the heart of her experiences, doubts and realizations, and what comes through her writing are the messages to trust yourself, listen to your inner guidance, and be patient as the pieces of your puzzle come to you, no matter how painstaking a process that may be. Jewelle's authenticity and integrity continue to shine through her writing, and you will see that her research and findings are beyond question – I have found such synchronicity and concord, and no doubt so shall you.




## The Star Children

by Lila Strand

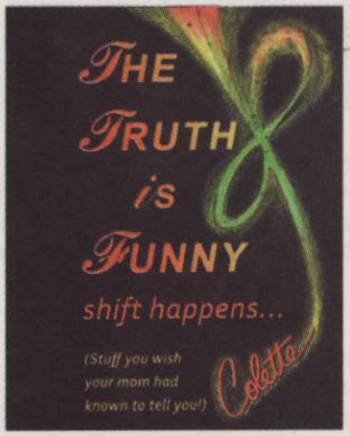
www.lilastrand.com

I was tickled from the inside reading this beautifully illustrated children's book. It is so precious I am sure it will become the new norm along with Peter Rabbit.

It is good for children to realize we have invisible friends, who enjoy rainbows as much as I do. What a fun ride it would be, sliding down a rainbow to earth. This book might even be educational for adults as we often lose the innocence of childhood play time.

I loved her water color illustration of the Mother-of-Us-All as she puts on earth clothes for her star children.

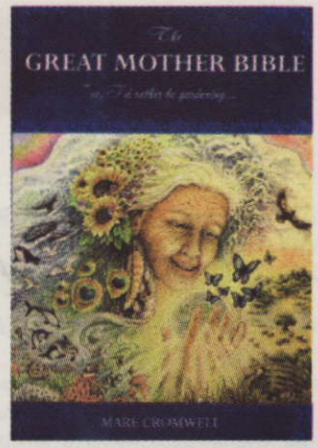
Lila Strand was a teacher of young children and wanted a story with depth so she made this one up. When it came time for her granddaughter's birthday she felt inspired to make the story into a book, adding the watercolor images to breathe life into it. Lila will be the next Beatrix Potter for this generation of kids growing up with spiritually-minded parents. *See ad on page 13.*




# Book Reviews by Angele

Colette and Debbie will be presenters at the Spring Festival of Awareness in Penticton, April 29 to May 1.

Marie Cromwell says she would love to but not this year.




## The Truth is Funny

*shift happens....*

by Colette Marie Stefan • www.theTruthisFunny.com

I like reference books on understanding our bodies via looking at our face, posture, handwriting, structural form and even dreams. Colette puts together many pieces of the puzzle so if you are a first time reader, it could be mind boggling. She wanted to create a shift in our awareness so each word and each space are designed to shift your underlaying energetics.

Colette say that from childhood we have accumulated certain beliefs that can cause us to worry if believed. The truth is often stranger than fiction and if you read something and you break out in laughter then your soul is communicating the truth. She looks at current life experiences, physical environment, and social programming but says they are not the only influences affecting dis-ease patterns. We also inherit patterns of our ancestors and past patterns of spiritual influences we have accepted as truth. This woman has changed more in a short amount of time than anyone else I know. She must have a secret worth reading about.

## The Great Mother Bible

*or I 'd rather be gardening*

by Mare Cromwell

The book is a series of conversations between Mare and Mother Earth. Mare has studied with a few Native American shamans and has the gift; being able to hear nature speak. These conversations amplify the need to heal our ecosystem.

I liked the chapter where she learns about Granny, an Orca that was born in 1911 and lives in the waters near Puget Sound. Mary Getten communicates telepathically with the whales in her book *Communicating with Orcas*, published in 2006. The two chat about the importance of giving thanks every time we drink water. Something I have done for years.

Granny says. "Whales come to this planet for a life time of play as we don't believe in work. We are already enlightened. We only take what we need for survival. Taking more than you need creates separation. We are all connected and mutually dependent on this planet. Love it. Protect it. Your existence depends on this ecosystem to continue or we all go."

Mare brings a sense of humor and sincerity to her third book about connecting with Gaia or the Mother-of-Us-All.

# *Vibrational Energy Oracle Divination*

## *Vibrational Earth Children's Oracle Deck*

Debbie A. Anderson • Illustrations by Heather Brewster or Kim Dreyer
www. Vibrational-Energy.com

I like angel cards, we use the ones from Findhorn everyday for our morning meeting. I don't like decks that have the Barbie doll, angel-look. Guidance needs to feel more real, confirming that trust resides within. I found this deck at a friend's house and loved the digital/artist images and felt the connection to spirit. Months later I am still pulling a card or two and appreciate the time to contemplate the wisdom of the words and image.

Now Debbie has produced another set of cards, ones she can give to her grandchildren. Lovely colors with illustrations by Kim Dreyer, a spiritual artist who feeds her heart and soul by reconnecting us to our inner child. This deck was a collaborative effort of many women and children. 5% of the profits will go to children's charities. I will assume many adults will use this deck when they have inner child thoughts or want to connect with older children or teens, to help use this tool to process life.

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