

ISSUES

for EMPOWERMENT

ESTABLISHED
1990

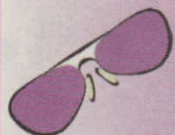
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2016

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A Purpose Driven Life

by Marianna Harangozo

Looking back on one's past is like looking at a knitted blanket, we see dark patches, light patches and memories but in the end the blanket is what keeps us warm as we fully engage in this life we live.

I came to the realization of Akashic Ranch a number of years ago while going through one of the hardest periods in my life. It was one of those times that tests one's self esteem, will and Spirit. No details needed here but the point is that in dark places we are led to find our true calling.

As a young person I was always interested in the metaphysical and spiritual aspects of living, the beauty of crystals, why they made me feel the way they did, and the magic in things unseen. Of course at that time I had little knowledge of why all that intrigued me other than being guided by a handful of "New Age" books I read.

During my time of hardship I experienced much contemplation, much realization into what I no longer wanted out of life, and more importantly how a life should be lived. That life encompasses the things we have a right to feel on a daily basis, which are Love, Peace, and Connection to the Source.

It took a number of years to pull myself together and all the while a nagging feeling of "What is it I'm to do?" kept at the back of my mind. I stayed busy in life knowing I had plans of moving to the interior, which had been with me since I can remember. Still, I was searching myself as to what I could do in life and how I could feel more complete.

Acquiring the ranch that is now Akashic Ranch took four years to come to fruition but once here on this Spirit-driven land I began to receive clearer messages and answers to my questions. I tried a few different endeavors that didn't feel right in the end, so as they say, if it's a battle then it's not meant to be.

Finally through prophetic dreams I began to piece together the makings of The Crystals & Curiosities Cabin store, and with it the ability to have more individuals come to Akashic Ranch and solidify in me why the ranch is so special and why others need to feel its healing energy.

Today, Akashic Ranch is beacon of possibility to all who come here, it's a place to remove oneself from daily life, and a place to connect with nature and who it is you really are. Akashic Ranch holds various workshops throughout the summer season and The Crystals & Curiosities Cabin holds all the magic one could hope to find in a country crystal store.

Akashic Ranch is a full-time endeavor for me. At the end of the day I find myself in the throes of a purpose-driven life, and when the sun goes down I'm physically spent but spiritually feeling deeply and greatly rewarded. *ad to the left*

Get the next Issues Magazine by e-mail and be notified of upcoming Events by subscribing at www.issuesmagazine.net

The Crystals & Curiosities Cabin at Akashic Ranch

We are a seasonal destination store and wellness ranch and are now officially open from May 7 to late October 2016 (date to be announced).

The Crystals & Curiosities Cabin store offers unique and timeless gemstone crystals and minerals, gemstone jewelry, a variety of creams and soaps, pottery, metaphysical art, meditation tools, worldly textiles, and healing tools. Join our Facebook page at The Crystals & Curiosities Cabin and get in touch with the latest information and news.



Akashic Ranch also holds many workshops, meditations and events. Please check our webpage at AkashicRanch.com for more details.

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Dave Gyurkovics, Universal Healing Tao Instructor, has studied and practiced Taoist internal arts for 18 years. He is a Medical Qigong Therapist, Chi Nei Tsang Practitioner and Acutonics Sound Healer. He teaches people to breathe as the basis for healthy living.

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My gout symptoms disappeared two days after starting your "alkalizing treatment." Keep sharing the pH and health 'secret'. —David

I just had to tell you that the Alfalfa powder is amazing! I haven't felt like this since my early 20's! —Darryl

You are my life saver! I now eat my Schmunkie and take my Happy Caps every day. —Pelwi



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♥ **Issues is printed**
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starting in 2017

Proof reader • Christina Drummond

**It will be online for the winter
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for the winter online
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Musing

with *Angele*,
the publisher



The cover is a photo of one of the altars that graced this year's Spring Festival of Awareness, the last to be held in the Okanagan. Quan Yin, Buddha, crystals, flowers and rainbows created the overall theme. Each of the four directions had an altar with a nature angel painted on canvas over-lighting it that was painted by Nywyn, many years ago. Now these works of art will move to the Kootenays. I feel much gratitude for the generous, good-hearted people whose efforts have made these festivals possible. Many people set up the site, others decorated it, some helped with the Healing Oasis or the festival store. The Penticton venue turned out to be more work than expected with fewer people attending. The magic that Naramata provided no longer exists. My angel guidance said that I am complete with the Okanagan site, and I am glad.

Moving these events back to the Kootenays, where they originally started will allow more connection with Mother Nature. We have lots of space for campers plus accommodations for 30 people. It would be easy to have five workshops happening at one time if we used the tipi, the dome, the group room, lodge and sacred space. The teachers are so talented and the sharing heart-felt. "Amazing" is the only word to describe what happens at each and every festival.

I expect a full house for the Wise Women's Festival, August 26-28. A Pre-event Opportunity will start on Thursday with a Sweat Lodge lead by Sunnaira and Marilyn Puff. Sunnaira has been the Healing Oasis coordinator for the past six years and Marilyn will lead the prayer and drum circle. Please see the back section of the magazine for the Wise Women's schedule. Marilyn Puff is starting a Sacred Moon Festival next September near Kamloops. An article about her vision is on page 18. Chris Madsen, who organizes the Wellness Shows in Vernon, Kelowna and Penticton, told me he is planning a spiritual event at the ski hill near Vernon next summer. I am glad these two visionaries will network with like-minded souls.

Issues magazine grew out of my passion to connect and educate others about holistic and spiritual information. The festivals embody my hope for future generations. After 28 years, my 'babies' have grown up, astrologically speaking, so it seems fitting that both the magazine and the festivals are in flux. In astrology, Saturn returns to its original placement in one's chart every 28 years. I will be happy to have less responsibility, fewer deadlines and more time in our garden, especially my strawberry and blueberry patches.

I know and have been told many times that Issues is a heart-centred magazine, it reflects what I consider important things to know, including the basics of understanding the bigger picture and keeping ourselves well. The winter edition will be online only, no driving around BC doing distribution in the snow. I will see if advertisers will support this newer style of communication. The magazine has had a web presence since June 22, 1999. How many of you have taken the time to read the online version? If you want to be on my reminder list, please go to the Issues website and add your name. You will be the first to know when my next Musing is ready to read.

continues on page 6

STEPS ALONG THE PATH



Paralyzed

When I woke up I was lying flat on my back looking up at the ceiling. I felt groggy and did not have the energy to sit up. When I tried to move I noticed that my legs would not respond. I tried to wiggle my toes and nothing happened. I experienced the same with my knees. I thought to myself 'this must be what it is like to be a paraplegic'. Wow, I could never imagine not having the use or the feeling in my legs.

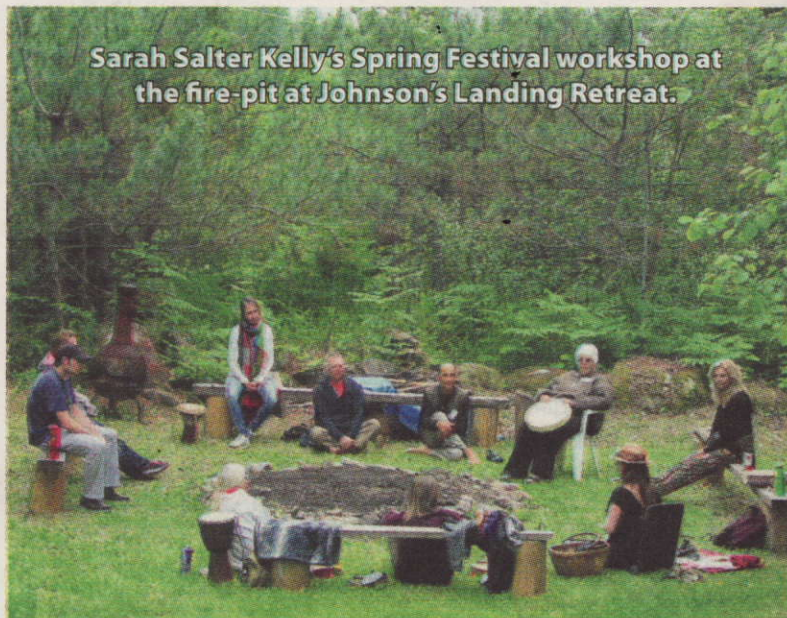
Fortunately for me I was just in the recovery room of a hospital having just completed an operation. As time ticked by, feeling and mobility returned to my limbs. At first I was able to move my knees from side to side and lastly I could wiggle my toes, what a wonderful feeling! I have been on the planet for well over sixty years and I cannot recall experiencing such pleasure observing the feeling in my toes.

We each have five senses and they all come into play giving us an experience of being a person in a body. To never experience the smell of a rose or the sight of a sunset, the taste of a freshly picked strawberry, the feel of another person's skin close to mine or the sound of my mother's voice as she sang me to sleep, to miss out on any one of these would be take an element out of the life experience.

I have been blessed with good health for most of my life and I realize that it is easy to take it all for granted. I cannot imagine what it would be like to be born without the use of my arms or legs. I have had a lifetime of hiking, kayaking, diving and building things like a Retreat Center, how different that could have been without one of my senses.

Today I give thanks for the ability to feel my toes again and for the many blessings I have been given during this lifetime. And with that thought I take another step along the pathway of life.

Namaste *Richard*



Sarah Salter Kelly's Spring Festival workshop at the fire-pit at Johnson's Landing Retreat.

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Musings *continued from page 4*

I figure I must have the oldest blog around since I started in 1990. It is not the usual format where the latest blog is at the top. Instead, it starts with my original Musing, including the homesteading photo that I used for the front cover. Next spring, Issues will become a once-a-year print publication that comes out in March. It will still feature people who help us heal ourselves or events that help us to grow. The back section will feature the many programs, festivals and retreats that will happen at the Johnson's Landing Retreat Center for the summer.

This last festival challenged my cooking skills and endurance. I did well and we served healthy, sustainable, mostly vegetarian food to 75 people who raved about the taste. The people who prepped said they learned lots and had fun. Spending the weekend in the kitchen was not what I wanted to do, but the chef quit on short notice so I filled in. Over the last 28 years, I have had three major change-overs of crew members and have learned that when one person leaves, another with even more talent appears, and thus the festival magic has continued for decades. I assume that someone who wants to cook will show up but a deeper hope of mine is that someone who wants to be part of our community will take over the organization of the festivals and the magazine, with assistance as needed.

I promised my body some time ago that once I reached 65 I would slow down and I have somewhat. Over the years, various Traditional Chinese Medicine doctors would say, "Angèle, your mind/will is stronger than your physical body and that causes the Yin to go out of balance." Yin is the being-side and Yang is the doing-side of life. I like doing and trying new things even if I don't know what I am doing. This pattern of choosing on-the-job-training is what got Issues magazine and the Spring Festivals happening in the first place, as I had limited organizing and promotional skills at the time.

Lately, this model of learning has created a garden with weeds taking over the now-fertile soil. I am developing a new method of farming that I call *cardboard gardening*. I use layers of cardboard to cover the weeds and feed my ever-growing team of earthworms. This idea started as a way to use the old magazines that were not picked up as I like to use the earth's resources wisely. When I put the magazines under my strawberry plants it slowed down the weeds, I had many more worms and my strawberries were cleaner.

This fall, I will start pulling together the many personal stories I have shared that helped me to grow. The angel on the front cover last month is waiting in the ethers to guide me to my next level of learning. I am told I am to write a book. I do not consider myself a writer. I do have a great editor who has upgraded my communication skills so that I can now edit other people's articles as I see those same errors in other people's writings. In my world view, being coherent with writing is like being logical. As my brain shifts sides, I wonder if I will still hear my inner voices as easily as I used to.

My vision to create a Canadian version of Findhorn is still

continues on page 8



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Keith Davis
Sarah Orlowski



Dr. Marisa Marciano ND - is a passionate educator for the power of plant medicine and is creator of the popular online resource 'TheNaturopathicHerbalist.com', which integrates traditional herbal wisdom with contemporary medical research, and empowers others to achieve health by reconnecting with ancient & effective "ecological healing" techniques that are inherently in tune with Nature.



And more speakers to come...

Pat Crocker - is a culinary herbalist and internationally bestselling author of 18 cookbooks including the Kitchen Herbal, Healing Herbs Cookbook and The Juicing Bible. Pat has been honoured twice by the International Herb Association's Professional Award for outstanding contributions to the Herb Industry.

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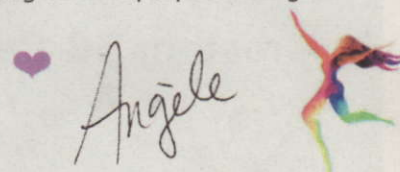
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Musings continued from page 6

wanting to manifest. Community living is needed more than ever as the health of humans continues to disintegrate due to fast food and the over-use of chemicals and communication devices.

I appreciate the good life at the Retreat Center and it needs more hard-working and talented folks who want to live a simpler, less hectic life in the mountains. If this idea appeals to you, check out one of our events. Community living does help a person to grow.



Pure & Simple

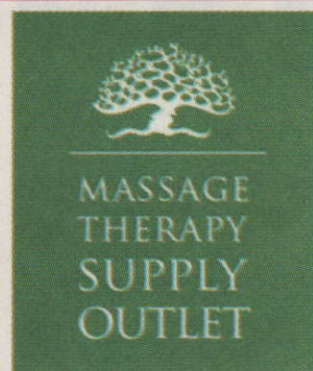
Marion Desborough

I was recently gifted a shampoo and conditioner, along with a few bars of soap. Rosa Mosqueta is an organic oil known as rosehip seed oil which is the basis of this product line.

Rosehip seed oil aids in cell regeneration and helps to maintain skin's elasticity. This oil has been studied and used extensively for the treatment of burns. I was pleasantly surprised when my super sensitive skin did not object to the Rosa soap and I did not need to apply moisturizer after showering. I felt clean without residue.

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Years ago there was a Windex commercial where a Mother was washing windows, and her little girl commented, "Mommy, you are making the windows laugh." Well this shampoo and conditioner combination will make your hair laugh as you hear it squeak.



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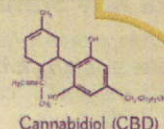
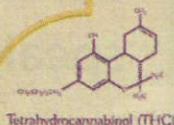
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The Shatford Centre invites proposals for inSpirit, a symposium exploring spirituality in the arts, held in Penticton, BC for three days from October 21 - 23, 2016.

inSpirit, now in its second year, seeks to build positive awareness around spirituality in the arts as we explore the symbols, customs, and practices of diverse spiritual explorations.

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Dr. Nicholas Gonzalez, MD speaks about chemotherapy

Natural News contributor Jonathan Landsman has just publicly published a "lost" interview with Dr. Nicholas Gonzalez, the holistic cancer treatment doctor. This video interview, never before released to the public, reveals truly mind-blowing information about chemotherapy and why holistic approaches to cancer treatment work far better than chemo.

Dr. Nicholas Gonzalez was a tireless physician for those left behind by Western medicine. In fact, his success with 'terminal' cancer patients was second to none. Despite all the ridicule and vicious attacks leveled against him over the years, Dr. Gonzalez remained steadfast in his beliefs, caring for and supporting those in need. Dr. Gonzalez was a staunch supporter of medical freedom and informed consent. Unlike the conventional cancer industry and its fear tactics, Dr. Gonzalez NEVER tried to convince someone to accept his therapy over standard medical treatments like, surgery, chemotherapy or radiation. Western medicine largely ignores the truth about how to successfully overcome a cancer diagnosis. In this interview, Dr. Gonzalez revealed to Jonathan Landsman, "the single most important determinant as to how a patient does whatever they choose to do... is their belief system." He went on to say, "if they don't fundamentally believe in what I do or what alternative practitioners do, whether I think they should or not, doesn't matter, they shouldn't do it."

This video program was exclusively produced for NaturalHealth365 INNER CIRCLE monthly subscribers – but, in light of the recent death of Dr. Gonzalez, we felt compelled to release the entire interview. Please share this important video with your family and friends, especially those dealing with a cancer diagnosis.

Watch the full interview here: www.LeadingEdgeHealth.org

Note: Dr Gonzales speaks of pancreatic enzymes. We at LeadingEdgeHealth.org find that powerful plant enzymes are extremely much more effective and are the MOST IMPORTANT in all phases of health. We can attest to that by the results people have in preventing and eliminating practically all health challenges. See the article on our site re the difference of pancreatic enzymes vs plant enzymes plus testimonials of recoveries from many illnesses and topics on CloudRadio. Plan to attend the presentations... see the schedules here.

www.IdealHealth4Us.blogspot.com

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From *Stirring the Cauldron* we continue to expand erotic aliveness from our minds down to the belly, the place where we began our journey. This place might hold a landscape of grief and hurt. In a tender circle we encourage each other to release shame, guilt and pain and celebrate the sacred feminine.

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Introductory Wksp: Opening to Erotic Life for Couples

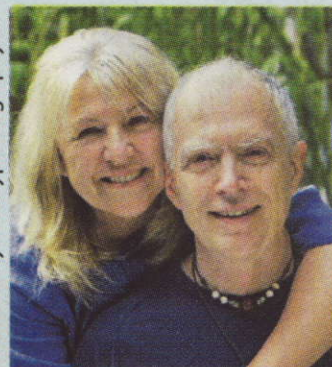
Many couples grieve the loss of physical closeness in the form of erotic play or sex even when they clearly love one another and may be skilled in verbal communication. We will introduce partners to new ways of igniting their erotic flame that they might reclaim each other in the flower of their desires and gifts. The workshop offers a time for partners to refresh and deepen into the well of erotic nourishment with each other and return to their daily lives inspired and re-created.

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Gary Kekoa
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are bodyworkers, somatic sex educators and artists who live on Gabriola Island where they serve on the faculty of the Haven Institute
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for more info on content connect with **Elfi Emaya Dillon**

1 877 247 9504 or email: elfi@heartcoretouch.com

JOINT CAPSULES AND BURSAS

by Wayne Still

The mammalian body is a marvellous piece of architecture capable of feats of strength and movement. If we look at the methods of movement a useful analogy is to think of ropes and pulleys. The ropes are muscles. The pulleys are joints which articulate with the pull of the muscles providing the flexibility we need to make movements necessary for our lives. Just as ropes need to be flexible to be useful so must muscles be limber. Pulleys need to be lubricated in order to turn smoothly. Joints, especially the ball and socket joints such as found at the shoulder and hip, need lubrication in order to articulate with a minimum of effort and maximum range of motion. If ropes rub against each other while doing their job they will fray and wear out. Similarly if muscles or their attachments to bones rub against each other damage can result. Nature has provided our bodies with adaptations

to facilitate movement while ensuring that the movement happens efficiently and without harm to themselves.

Joints are lubricated with a material called synovial fluid. It has the appearance of egg white and the consistency of egg yolk. Synovial fluid is kept within the joint itself by a fibrous membrane forming a cuff around the entirety of the joint. The cuff is known as the joint capsule. It has functions besides keeping the synovial fluid inside the joint; it helps to keep range of motion within the joint's appropriate range as well as helping to hold the joint together. When subjected to injury or other stressors the capsule has a tendency to contract along its margins forming pleats. These contractures can limit the range of motion of the joint. The cascading effect of the limitation is that associated muscles are not able to move in their full range and become painful. One of the more commonly known examples of this is the frozen shoulder where the joint capsule becomes increasingly thickened and contracted to the point where normal range of motion is severely limited and painful. Fortunately tissue that contracts can also be persuaded to return to its original form. This is accomplished by working around the margin of the joint capsule, gently opening the pleats. This restores the tissue to its original length and allows the joint to move in its full range. Additional work is usually needed to bring the associated muscles back to their happy place. Sometimes we get lucky and this can be accomplished in one session, other times it can take several visits to the area to completely resolve the issue.

Bursas are found throughout the body, there are more than six hundred of them. If there is the opportunity for a bone to rub through the skin a bursa will stop that from happening. Similarly they cushion bones that might otherwise rub on each other or tendons that go over bones. They are similar to joint capsules in that they are made of the same fibrous material. Only in this case the material is formed into a sack filled with synovial fluid to provide the necessary cushioning effect. They are subject to the same stresses as joint capsules and respond in the same way by contracting around the margins and adhering to the underlying structure restricting normal glide. Again range of motion is reduced and more effort is required to move the affected body part. Using the same methods as are used to release adhesions in joint capsules, bursas can be released and returned to their normal function. It is quite impressive to see the amount of change in range of motion that simply releasing a bursa can achieve. Not to mention the greater comfort the owner of the bursa will feel.

I have been fortunate in the past year to have learned about these structures and how to treat them. This knowledge has allowed me to become more precise in my work thereby achieving better results for my clients.



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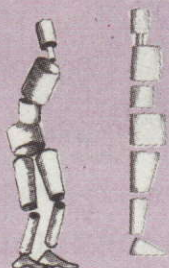
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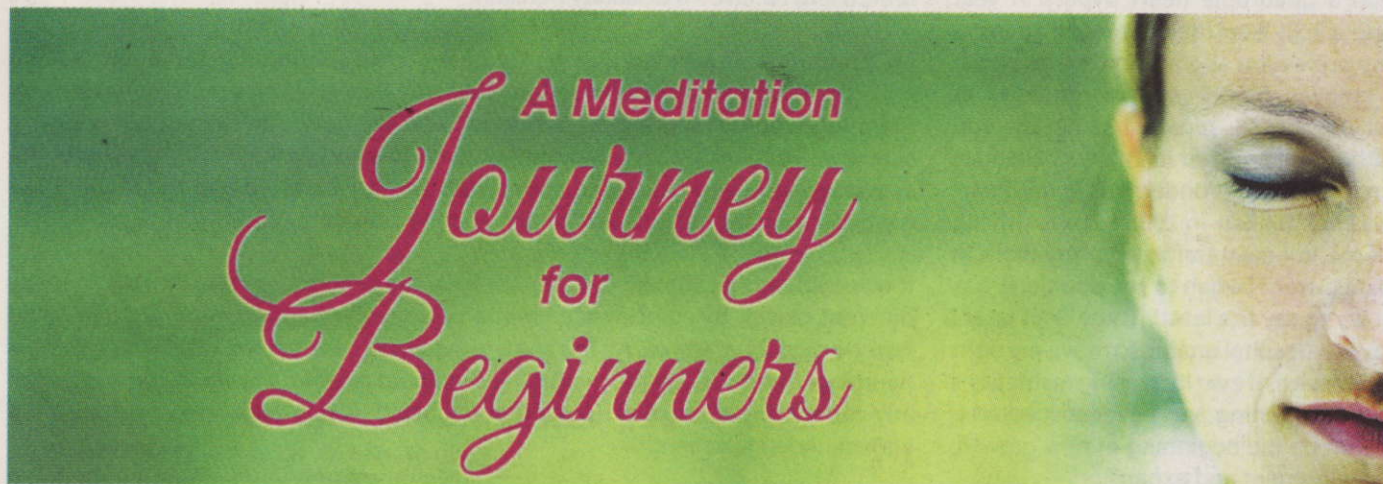
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Just released, a book by Cheryl Forrest

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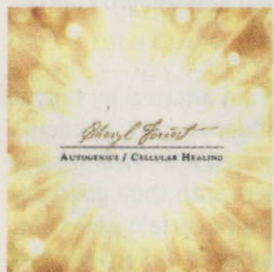
Cheryl Forrest is an internationally-known counsellor, artist, and teacher. Early in life, Cheryl became aware of her abilities and pursued a ministerial degree as well as a degree in humanistic parapsychology. She has been counselling for over forty years and teaching spiritual and intuitive classes nearly as long. Cheryl's work has taken her into the United States and throughout Canada. Much of the teaching and lecturing is conducted privately; however, she does present to businesses, high schools, teaches, transition houses, and various groups and organizations. The workshops cover a broad range of subjects from stress reductions to psychic and spiritual development. Cheryl is known for her humour and down-to-earth approach as well as her loving, empathetic understanding, which prevails throughout her work.

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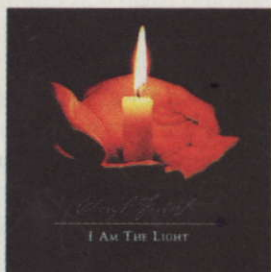
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Health challenges - a blessings in disguise

by Gerald Morris

In 2001, on the same day the twin towers came down in New York city, I had a quadruple heart bypass. A year and a half later I felt the need to leave my profession as a music teacher which I enjoyed for 25 years. I retrained as an appliance repair technician and although I enjoyed its many challenges and technical wonderments, my heart was not fulfilled. In 2005 as I was driving home in heavy traffic from my work in Vancouver, I began to see double. It was scary to say the least! Three days later I lay in a hospital unable to move my right side. I felt as if ever increasing restrictions were beginning and never suspected it might be the beginning of new growth, development and expansion.

Having had heart surgery four years earlier I thought the diagnosis of stroke was accurate, so accepted the treatment, but doubts grew as the symptoms often didn't match stroke presentations. What did I know! I just went along with the advice of my doctor and specialists.

After four months I was able to go back to work but things got steadily worse. I desperately tried all sorts of interventions but nothing helped. Finally in 2006 I retired and received a disability pension.

My presentations seemed bizarre! My body would spasm uncontrollably, shaking my arms, hands and feet on my right side; my face and voice would grimace and brain fog would cloud my concentration and memory. The hearing on my right side would diminish, the right pupil would narrow and my lips would go numb. The symptoms would diminish and then return. I felt embarrassed and out of control as my body spun me about on sidewalks and in supermarkets!

It was evident that the doctors did not have the answers so I sought help in many different places. By coincidence I met a person who had a special gift. She could find no sign of a stroke. At the same time I was sent for my fifth MRI. This new neurologist showed me the pictures and pointed out that she could see no signs of any current or past strokes. To say that my health was confusing and complicated was an understatement!

By the spring of 2008 I tried over 35 different health interventions seeking solutions. Nothing worked. That summer I was introduced to TFT,* Thought Field Therapy by a friend. Tapping! How could this help? Bah-humbug! She convinced me to explore my options so I sent away for the Algorithm level course. It worked for my friends and as I now had a part-time job as an advocate for people with disabilities, some of these kind souls let me experiment on them and it worked - but not for me.

I then sent away for the next two levels and again these worked for my friends and clients but not me. Finally I bit the bullet and went to train for the TFT-Advanced level with the founder and his wife, Dr. Roger and Johanne Callahan, this time it worked! Finally I started to get well.

I was amazed when its bio-feedback diagnostic procedures identified the many toxins afflicting me. I never would have guessed that my laundry soap and dryer sheets along with certain garments and chlorine-based products were making me worse. Even my medications were part of the problem. Using its bio-feedback procedure I discovered that along with the many chemical toxins, several emotional issues were contributing. Each factor was so well-hidden it is no wonder my health was very complicated. As each issue and toxin was identified and treated I began to get better!

Having now practiced TFT-Advanced level for eight years I am amazed by how it has profoundly helped. I have felt purpose witnessing confidence grow in clients as they overcome blocks to healthy boundaries. I've felt uplifted after hearing the joy from parents who for years were once unable to connect with their children. My heart has been warmed after receiving reports of delight as certain pains and presentations disappeared. And I have felt confirmed and satisfied as I've watched faces smooth and eyes relax as grief and anxieties melted away.

Little did I know that my health challenges would awaken something within me that would lead me into such a field of rewarding service. With deep gratitude I now realize that my health challenge has been a gift of pure bounty.

*TFT has some similarities with EFT while TFT Advanced is a higher level.



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Probiotics... for Cleaning?

Just over a decade ago, a Belgium company called Chrisal pioneered the development of a unique type of cleaning product – a liquid concentrate that contained probiotic (beneficial) bacteria. Used in Europe for the past decade in homes, offices, schools, and healthcare, probiotic cleaners can decrease hospital acquired infection rates by a staggering 50-80% in just a few months. These environmentally friendly, non-toxic detergents contain select strains of probiotic bacteria and are safe to use around people, pets and plants. These cleaners employ a non-toxic, highly effective method referred to as 'bio-control' and use safe, naturally occurring beneficial microbes to out-compete pathogens (harmful microbes) for food and space. Without a food supply, or space to colonize in, the pathogens become dormant, or die. The probiotic bacteria remain active for 3-5 days after application, and continue to occupy any available space, consume microscopic organic matter, and break down biofilms.

What are biofilms?

Many harmful microbes secrete a tough, virtually impenetrable protective coating, to shelter their growing colonies. This tough coating is called biofilm and it adheres to surfaces, and then traps dirt, viruses, molds, and odour causing bacteria. (You've seen biofilm as the brown stain in grout between the shower tiles). Repeated disinfectant use causes biofilms to increase the chemical resistance of the biofilm and the microorganisms held within it by as much as 1000 times. Harsh cleaners that are designed to remove biofilms are usually caustic or corrosive, creating a health risk for animals and people, as well as causing progressive damage to equipment and a facility's structure.

What's the problem with disinfectants?

Testing for disinfectants is based upon how quickly the disinfectant kills naked pathogens on a Petri plate. In real life, most pathogens are protected by biofilm. Disinfectant chemicals (biocides) are not selective about which microbes they target – beneficial microbes get wiped out right along with the harmful ones, causing the harmful microbes to become the dominate ones. Many disinfectants have 'dwell times', which is the period they need to stay wet on a surface to 'kill' the microbes. In most cases they are dry before the dwell time is finished, and an effective 'kill' is not achieved. The now dried surface is littered with microscopic dead microbes, which now serve as a food source for the surviving now chemically-resistant microbes. These surviving microbes can pass this 'resistance' onto other harmful microbes – even if the 'other' ones have not even been in contact with that particular chemical.

In nature, when bacteria are in a healthy balance, beneficial bacteria dominate surfaces and act as natural 'suppressants' of the harmful

microorganisms. In our zeal to kill 'germs' we've killed off the beneficial microbes that are supposed to keep us safe. Chrisal's probiotic cleaners return the natural balance and a healthy clean to our homes and workplaces.

Tahn Towns distributes specialized probiotic products for animals and for cleaning. She can be reached at townst@sourceprobiotics.com or info@healthyhorses.ca or www.sourceprobiotics.com

Chemical cleaning	30 minutes after disinfection	7 hours after disinfection
S. aureus	54.50 cfu/100 cm ²	97.95 cfu/100 cm ²
E. coli	9.41 cfu/100 cm ²	23.01 cfu/100 cm ²
Chrisal cleaning	6 hours before cleaning	7 hours after cleaning
S. aureus	30.50 cfu/100 cm ²	14.70 cfu/100 cm ²
E. coli	11.16 cfu/100 cm ²	4.60 cfu/100 cm ²



Theodore Bromley, *THE CRYSTAL MAN is Retiring*

I became involved in the crystal business 27 years ago because I loved crystals. Intuitively I knew that millions of people would be needing and wanting them. I felt assured that if I distributed them, I would be well cared for so I happily accepted the challenge and soon after I met Lee, my wife-to-be. Together we built THE CRYSTAL MAN WHOLESALE LTD to be what it is today; a well established, highly respected, successful crystal company.

Our network of wholesale customers stretches from Victoria to Winnipeg. We also have a retail gallery at our wonderful home in Ashton Creek, near Enderby, BC. In a large building near our house we look after the thousands of crystals that are waiting for a new home. We have a fabulous website: www.thecrystalman.com which has been independently assessed as one of the top ten crystal websites in North America.

Lee and I know it is time to retire. Fifty-pound boxes feel heavier than they used to. Travelling across Western Canada to sell crystals has been a wonderful experience, but now I long to stay at home. We have reached that place where we both know "it is time to pass the torch." If you are interested in this wonderful opportunity please call Theodore or Lee Bromley: 250-838-7686.

Energies of the Heart

by Patricia Clapp

Earlier cultures held the Heart in deep reverence. We may have been taught to think of our Heart as a pump that keeps our circulatory system in working order? We may consider our Brain to be the "primary control organ" of our body? This concept of 'separation' between heart and mind has held sway since the time of Da Vinci, almost 500 years ago. Recent research shows the idea of "division" between our Hearts and our Brains may actually interfere with our ability to achieve the ideal Balance, or Coherence, among all our bodily systems!

Energy Medicine works toward balanced communication among ALL internal organs and systems. We understand that Heart function is more basic to our overall well-being than was previously thought. The Institute of Heart Math has collected research and conducted studies demonstrating that our HEARTS set the 'rhythm' of our bodies and inform the brain when changes are needed. Interactions between Heart, Brain, and Gut coordinate subtle but profound actions within the body. This collaboration is part of Heart-Mind Coherence.


We know that energies of the human heart can be measured five to eight feet from the human body. Anxiety or anger causes chaos in our nervous system. Loving or compassionate thoughts bring balance to the entire body and beyond. Research in Heart-Mind Coherence reminds us that we can bring our bodies into collaboration. Working with Energy Medicine can help us balance our energies, make healing changes within us, and bring positive effects to those around us.

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*Patricia will be one of the instructors
at the Wise Women's Festival at
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No Need for Bombs

by Lynne Gordon-Mündel

There is a time and place for clarity and strength of conviction, yet our convictions and our opinions often get in the way of deeper understanding.

Opinion is but one side of an argument. There is always another side, another opinion. With opinion, there is always argument. The mind is at work, deciding, choosing, splitting.

Stating one's opinion or winning one's argument is good practice for the mind. Winning gets us places in the world; we gain status, money, potential for relationship, even love. Is this good enough?

Good, but not good enough – not for those who ask to go beyond ordinary consciousness and know the Transcendent.

You may notice, when in argument, that you are not hearing the other person. Argument and discussion are not the same. In argument we are not listening. We may be pretending to listen; we may hear enough to know where or how to strengthen our argument. But, while arguing, one is not willing to change. While arguing, we are not taking in what is new. We are not learning. We are strengthening opinion and presentation, but not expanding our understanding. We are coming from mind logic – like computers.

As individuals asking to know Truth; and as a collective humanity, we have access to so much more than mind. As we expand in understanding we realize that we humans are all in this together and there is no need to take a stance against another. There is great need to listen – in families, across borders, around the globe. We need not just to win in the world game, but to understand life beyond what we can see, touch, smell, hear or taste. We need to understand that we exist beyond finite reality. Understanding That, we stop arguing and begin to learn.

Learning to listen to that which lies beyond 'opinion' is an art and a spiritual practice. When we listen – really listen without interrupting – we find ourselves letting go of old opinions – even the most cherished. We find ourselves taking in information we may have previously discarded. We get humble in the face of the unknown. What we do not know is infinitely vaster than what we do know. Infinitely! When we recognize this, our understanding can begin to expand.

This is an important principle of life, and especially the spiritual life: As long as we are living in the belief that we 'already know' or 'know better' we are not in a position to learn. Until we become humble, we will not know.

This principle is clearly apparent when we explore levels of consciousness beyond the awareness that is 'normal' in our world at this time.

To move toward Transcendent Consciousness, we must consistently and conscientiously allow old beliefs and structures of our personality to be challenged, often to melt away and disappear – to make space for that which has not yet been known, that which is new. At the level of 'enlightenment', there are no multitude of truths, no 'two' – just One. When we know this, we can have our opinions, but we will know them to be opinions and we will not confuse them with ultimate truths and we will listen to other people and allow ourselves to be changed.

The path toward 'enlightenment' is not far away. We just have to put down the argument and listen to life, moment by moment with the heart open to Love, and to one another.

If our world leaders could know this there would be no need for bombs – not in Brussels, not in Syria.

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SACRED MOON VISION

by Marilyn Puff

I've always been a seeker of connection to Spirit, to the Great Creator, to God, to the Divine. I've always had a deep yearning to make a difference, to live an authentic life, to create more heart-centered connections. I wondered what it would look like if I Dreamed Big on my treasure map of life.

Last year, while approaching my sixty-first birthday, things synchronized in a grand unfoldment. My brothers and I had been very attentive to our aging mama for about two years. Last July she called us together to witness her final goodbyes. She silently delivered with beautiful smiles and joking gestures her final embraces, then keeping a calm brave demeanor she breathed her way into Spirit World.

It was from this open-hearted place, two days after Mom's memorial that I flew to the UK on a spiritual pilgrimage with Val. I had booked the trip eight months earlier. Many times our call for transformation creates divine timing and removes some of our resistance to change. When I am exhausted, injured or in grief, I can often hear messages more clearly and allow the experiences that help me to grow and heal, be integrated more easily.

Our first stop on the pilgrimage was Glastonbury, England, one of the many spiritual energy centers that held me beautifully as I stood alone in contemplation, tears or in song. I heard my voice in a completely different way as I sang in an ancient chapel dedicated to Mary Magdalene. Perceptions were flooding in and I knew in that moment, that even though I deeply missed my mom, I felt closer to her in many ways. It was also in Glastonbury that I sat in a drum circle with a master facilitator Jana Runnalls, singing ancient and gifted songs as we traveled around the Medicine Wheel, playing with drum rhythms and harmonies. I knew then that I needed to start

offering drum circles.

I didn't know that our next stop at Carolyn Hillyer's Thirteen Moon Festival for Women would take me into a sacred space on the land with a sisterhood of 400 women, and that a vision of my life calling would appear.

Being on Sacred Land that is loved and listened to, that holds us with its beauty and sounds, encouraged me to search and heal. I felt the feeling of power and safety when Carolyn called in the ancestors. I sat before the fire, chanting in the neolithic-like Round House of stone and thatch. It was transforming, sitting with Carolyn's grand art installation of 13 Shaman Weavers, archetypal grandmothers that she brought to life. Being in the presence of 400 inspiring women, many whom were standing in their power, sharing their songs, their dances, their crafts, their wisdom, their stories, their laughter and their pain that helped bring forth my vision, which I carried home with me. The conception of the Sacred Moon Festival was brewing in me.

I felt the magic moving in me, the ecstasy of creation, of possibility, a vision gifted to me, spiraling in from the ethers and up from deep within the earth. I felt my lifetime of learning and preparation would be needed to create this calling of a women's festival. I knew the many years of counseling and offering workshops, drumming and singing helped me to blossom into my true skin by retrieving pieces of my heart that I'd lost or set aside.

Shortly after arriving home from England, collaborating with a new dear friend in the UK and a few close hearts at home, the concept of the Sacred Moon Festival was welcomed and nurtured. The land, the Akashic Ranch drew us to its beauty and its gifts. As the crew is gathering on this

visionary Moonship, set to arrive in September 2017, we know we are creating, "A Celebration of Women Inspiring Women -- three days of joyfully connecting in ceremony with our authentic selves and our sisterhood on Sacred Land."

Imagine the sacred fires, the ancestors, the teepees, the ceremonies, the wisdom holders, the musicians and storytellers, the sharing and journeying circles, the wildcrafters, the artisans. The festival is a call to meet on this land, to stand in our power, to express and explore more of our unique gifts, to awaken and transform by responding to our authentic yearning for more.... more of who we truly are.

*Marilyn will be one of the
Instructors at the Wise Women's
Festival in the Kootenays*



From Pieces to Peace

by Ruby Peterson

Sitting in the centre of my living room... the children are sleeping, and it is now safe for me to honour my deep grief... with my drum in hand, and the medicines in front of me to keep me safe, I begin to sing... and I call to her... the heart-broken, abandoned, afraid and alone parts of myself that I have left behind at the shores, in the woods, in the places where I was hurt and waiting for someone to come save me. But it is me who must save myself! So, I go to those places where the child, teen, and young adult parts of myself were left heart-broken... and I call for her - for me. "Come back" I say, "it is safe now. I want you with me... you do not need to wait there any longer... I have come for you... I will keep you safe... come home to me now."

Grief and trauma can leave you in pieces... and gathering yourself in Ceremony can bring you back to your sacred place of peace.

Calling our heartbroken pieces back to ourselves - this ceremony of calling yourself back - and being the hero you have been waiting for is the work of healing your soul wound. Trauma wounds the soul and leaves you in pieces, and when there have been enough pieces of your broken heart left in places, eventually it feels like you can never be whole again. You can feel like there is a hole in your soul... rather than a whole soul.

And the HOPE this ceremony brings is that your pieces can be whole again!

Gathering your heart, gathering your mind, gathering together your body to yourself once more is one of the sacred ceremonies to restore - and re-story your life!

This journey back to yourself can feel awkward, like learning a new dance - you may stumble... it may feel weird! And then there is the questioning - and even the doubt! But keep dancing my friend - keep dancing!

Being new in the journey, you may need someone who can drum and sing the songs for you, and guide you in the dance of your soul... until you know the song, and can take the drum... and the dance feels natural and graceful... and soon your pieces feel and look more like peace... this is the sacred journey of Trauma Healing... I invite you to come - call yourself back to yourself... I will drum and sing for you while you learn your sacred dance... I will sing you in to your soul my dear one... and perhaps one day it will be you who sings and drums for a loved one... this is my dream. This is what my soul calls me to do.
It is time...

Ruby will be one of the Instructors at the
Wise Women's Festival at Johnson's Landing Retreat
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by Christina Warmenbol

Healing from a basketball-size tumor in the uterus in 6 weeks' time without medication or surgery, that's what Brandon Bays was able to accomplish by developing a powerful healing method that she called The Journey.®

When the physician practicing integrative medicine wanted to take the aggressively growing tumor away immediately by surgery, Brandon objected: she was herself at 39 years a successful health practitioner with lots of tools at disposal, like iridology, nutrition, NLP etc. So she asked for more time to try out another way to heal. For weeks she tried all she could: colonics, homeopathy, herbs, massage, body cleanse and nothing happened, the tumor continued to grow exponentially. So a week before she was to see the physician again, she began to feel very nervous and she felt she was a disaster as a therapist. In that state of touching the deepest dark inside she opened up to her intuition, and while receiving a massage she felt she needed to go back and heal her past. She was startled, she had been healing the wounds of a very violent childhood for a long time. The voice inside asked 'Did you come to full forgiveness?'. 'No', she admitted. Years of psychotherapy hadn't brought her to that point. So she fully and deeply forgave her perpetrators and you know what? The tumor shrunk away in a few hours. The next visit to the physician declared that her uterus had the same aspect of the uterus of a 16-year old!

Twenty-three years later she has brought this method to the world. It is practiced in 43 countries, the books are translated in 26 languages. Thousands of people are healed from 'incurable diseases'. Science has made it very clear now: physical illnesses and emotional imbalances are due to an emotional difficult event experienced in a long forgotten past. Even the CDC (Centre for Disease Control) states that 85% of all illnesses are rooted in emotions. The cells do keep these memories and alter the healthy functioning of the cells. Illness is inevitably what follows. Clearing the cell memory, these elements that block the normal functions of the cells, is necessary on the path of healing.

The Journey® guides you into your body to find out which memory is stored in the cells and helps you to free yourself from all these difficult emotions by coming to complete forgiveness. A sage said once: 'The root of all illness is the lack of forgiveness. Vengeance and not forgiving is the biggest poison that exists.' It is amazing how much wisdom the body can teach us, if we want to listen. And the most incredible thing is that we can do that ourselves: no need of anybody clearing it out for us.

The Journey® is so effective because it operates from the level of the soul: it is only through the presence of unconditional love that we can clear old issues. No need to stir emotions in eternity to come out of it: it can go very quick, through the strong healing power of your own source, your higher self, your divine self, or how you would like to call it. 'Emotions are the gateway to the soul' said Brandon. And the method enables you to climb out of strong emotions that paralyze you, like ever recurring anger, anxiousness, sadness, despair and depression, by guiding you to your best kept secret: your higher self. A magic wand for transformation.

Let your soul sing in you and free the way of the unconscious blocks that hold you back: be it physical illness, emotional wounds, or stumble blocks on the road of spiritual development.

See ad to right for more information or phone 250-429-3333.

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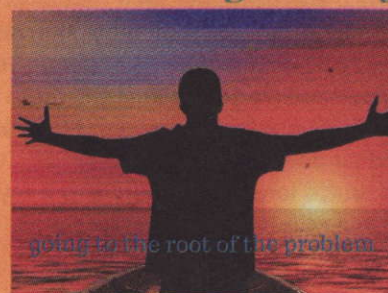
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Breast Implants: My Story

by Nancy Pratt

When I first hugged my children after getting breast implants I cried, suddenly realizing I could no longer press them tight to my heart. It was a devastating realization no one had prepared me for. I was also not prepared for how cold they would be. It was like having a cold gel pack over my heart and lungs. I had no idea the impact the coldness would have on my health. Within a year of undergoing breast augmentation my Dow Corning breast implants were recalled. I was not notified. Twenty-one years later, after rupture was diagnosed, I found out the implants had been at the center of a class action law suit. My implants had unknowingly been ruptured for 16 years. In 1996 muscles on the left side of my body were no longer functioning, I had other strange symptoms including red, measles-like rashes on my torso, thighs and hands. Hard lumps developed in my armpits.

By 2010 I started having difficulty swallowing along with spasms in my vocal cords, esophageal motility and respiratory issues. I had inflammation in my bladder and uterus, along with joint, muscle, connective tissue and breast pain. I started noticing numbness in my arms, fingers and feet, brain fog, chronic sinus infections along with sensitivity to mold, fungal infections, chemical sensitivities and reactions to many medications. My blood tests were 'normal'. Doctors told me there was nothing physically wrong with me, it was 'in my head'.

By 2012 I was virtually bedridden. My body had fought long and hard, but was losing its ability to keep me alive. I was so afraid. No one locally could relate to my illness. In 2013 a young resident doctor asked if I really believed there was something wrong. I said yes and showed him where I could feel it. An ultrasound diagnosed that both breast implants were ruptured. An MRI revealed on the left side, silicone had migrated deeply into my chest wall. It was an exact map of where I'd indicated I could feel something wrong within me.

Once rupture was diagnosed I searched the internet hoping to find other women who had also experienced ruptured breast implants. I learned the importance of having my breast implants removed 'en bloc'. A procedure not all plastic surgeons are trained to perform. It means to have both the implants and scar tissue removed as an intact piece. If scar capsules are not removed women are less likely to regain their health. On October 29, 2013, I was explanted by a surgeon with 30 years experience performing 'en-bloc' removal. Due to the extent of rupture not all of the silicone could be removed. In addition to the implants and scar capsules, the surgeon removed silicone-soaked muscles, granulomas, necrotized tissue, and calcification. Right after the operation I felt like I could finally take a full breath. I still have silicone-filled lymph nodes and other silicone-related complications.

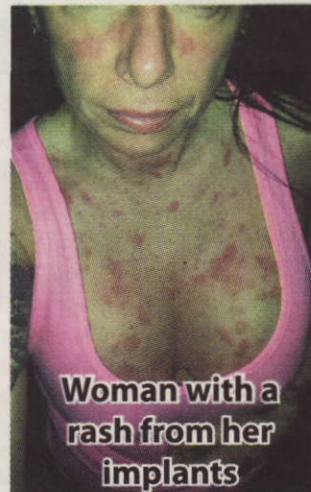
Breast implants are regulated as Class IV medical devices (the highest risk class) as per Special Rule 16.1 of the Medical

Devices Regulations (Schedule 1, Part 1). They are time-limited devices. Health Canada recommends that women remove or replace their implants after 10 years, or before if there are complications. It is now recommended that women have an MRI three years after being implanted, and every two years subsequently to check for rupture.

Women are still being told that breast implants are safe despite their conditional approval in Canada, which hinges on manufacturers conducting further studies to determine long-term safety. Every woman implanted since 2006 is part of a study to determine if they are safe and should be advised accordingly. They should know that breast implants contain known carcinogens, neurotoxins, endocrine disrupters, and other toxic chemicals. Women can't make a truly informed decision if they don't know what they're putting in their body.

I live in a remote community in north-western BC. I had intended to have my badly ruptured implants removed with no one other than my family and closest friends knowing. It's not the kind of thing one wants to broadcast. I truly felt embarrassed. But, a conversation with my then 27-year old daughter changed my mind. Learning how many of her peers were already implanted, and that there were many more considering it, gave me pause. In the following weeks I learned, and was staggered by, just how prevalent breast augmentation has become. Young women being given breast implants as a graduation gift from their parents! I also knew that there would be many women regionally, like myself, that had decades old implants in them.

Knowing how alone and afraid I'd felt, and how bad things had gotten for me because of a lack of awareness about the possible signs of complications with breast implants, even within the medical community, I felt compelled to speak out. Being silent was no longer an option. If it had not been for the online support groups in those dark months I wouldn't be here now. I wouldn't have known what to do, nor had the strength to keep fighting. My intention is to educate and create conversations with as many people as possible about breast implants, about self-esteem and the self-rejection that leads women to get, or even consider getting, them in the first place. I organized the Celebrate Your Breasts Project, which has exhibited in Terrace and Kitimat. I invite you to connect with me if you have a story to share or want to have the art exhibition come to your town.



Woman with a rash from her implants

www.breastimplantfailure.net

www.celebrateyourbreasts.wordpress.com

The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center



Here is a delicious Vegetable Dhal recipe. It is a fragrant curried lentil puree with vegetables served over a bed of fluffy brown rice. We will be using red lentils in this recipe as they are skinless and split so they easily dissolve into a puree. This has been a popular lentil dish at the Retreat Center. The original version was introduced to us by our friend James Ng, the version presented here has been simplified somewhat.

Bon Appetit, *Richard*

Vegetable Dhal Serves 8

Ingredients:

- 1/3 Cup **Olive Oil** -or- **Coconut Oil**
- 1 large **Onion** chopped
- 3 **Celery** stalks chopped
- 2 **Carrot** chopped fine
- 1 **Tomato** chopped
- 2 **Potatoes** peeled and cubed
- About 10 cups **Boiling Water**
- 1/2 tsp **Paprika**
- 1 tsp **Coriander**
- 1 tsp **Cumin** & 1 tsp **Chili Powder**
- 2 tsp **Salt** & 1 tsp **Pepper**
- 3 Tbs **Curry Powder**
- 4 cups **Red Lentils**
- 3 Tbs **Grated Ginger**
- Optional: **Coconut Milk**



Notes and Suggestions:

- Do not substitute brown lentils as it will drastically change the flavour and texture. This is not to say it can't be done, just expect a different result if you do.
- If you are new to cooking I suggest you peel and chop your vegetables before you start cooking, then you can concentrate on the process.

Directions:

- In a large pot heat coconut or olive oil over medium heat, toss in chopped onions, cook until the onions are translucent.
- Add the carrots, celery, tomatoes and potatoes and cover with boiling water.
- Cook at a low boil for about 15 minutes.
- Meanwhile stir all the spices into a cup with a bit of warm water.
- Add the spice mixture to the cooked vegetables and stir.
- Stir in the 4 cups of red lentils and the grated ginger, at the same time add boiling water 1 inch above the lentil/veggie mix and stir.
- Bring the pot to a full boil then lower heat to a fast simmer.
- Cook for 15 minutes stirring occasionally until the lentils are cooked.
- If you want a creamy dhal stir in 1/2 to 1 can of coconut milk
- Spoon the Vegetable Dhal over the cooked rice and serve hot.

Utensils: a large pot with lid • wooden stir spoon • knife & cutting board • measuring cups and spoons • A pot or kettle to boil water • garlic press • mixing bowl • rubber spatula

Simple Dhal:

If you want the super simple version you can eliminate all the vegetables except the onion and ginger.

If you want a spicier dahl add a couple of hot red peppers

'Fluffy' Brown Rice

[Makes 4 Cups] You need the following:

- Fry pan w/ tight fitting lid • 1 tsp. Salt
- 2 Cups Brown Rice • 4 Cups boiling Water

Put the water on to boil in a separate pot. Heat the fry pan then add the rice.

Dry roast it, stirring constantly, until fragrant. Take it off the heat - Add the boiling water and quickly put on the lid.

Once it has calmed down add the Salt

Put it on very low heat just to keep the water gently boiling with the lid on.

Once it is cooking DO NOT STIR

Cook for 35 - 40 minutes until the water is gone.

Cosmic Consciousness by Richard Bucke

Reviewed by Fred Burks, Founder and manager of WantToKnow.info and the PEERS network of empowerment websites

Bucke put forth a theory that human consciousness has gradually evolved over the millennia. He described a new, more expanded form of consciousness experienced by a small number of evolved individuals which he claimed is slowly spreading in our world. He called it "cosmic consciousness." Those who reach this state clearly see how everything is interconnected. This made a lot of sense to me. Describing the experience of a man who achieved this state, Bucke states:

"He saw and knew that the cosmos is not dead matter, but a living presence, that the soul of man is immortal, that the universe is so built and ordered that without any peradventure all things work together for the good of each and all, that the foundation principle of the world is what we call love, and that the happiness of everyone is in the long run absolutely certain."

Global Awakening

At the same time that I learned about all of these and other most bizarre and disturbing manipulations going on behind the scenes, I learned about many inspiring groups and movements I had never heard of who are deeply dedicated to transforming our world. I personally met awesome individuals who were doing powerful work to make needed shifts to bring our world into a new paradigm based more on love and cooperation. I found myself delving deep both into dark shadow worlds and into worlds of amazing light and inspiration at the same time.

What I eventually learned through my network was that there is a great metaphor for the current state of our world – the metamorphosis of the butterfly. Here's a great description of the process: The greatest transformation in human history is currently unfolding. An elegant metaphor to represent this is the metamorphosis of a butterfly. When a caterpillar reaches a certain point in its own evolution, it savagely consumes everything in sight, eating hundreds of times its own weight. This catalyses the emergence of new cells in the caterpillar's body which are called imaginal cells.

At first these cells are attacked by the immune system, but as more and more of them emerge and communicate with each other, they coalesce into a cooperative network and become the genetic directors of the future of the caterpillar. At this point all other cells dissolve into a nutritive soup that feeds and nourishes the emerging body of the butterfly. We are these new cells on the planet coming together right now to build a butterfly for the future of humanity and the world.

The above quote is from a powerfully inspiring one-minute video, which can be found at this link. We live in a society where many people are almost blindly focused on consumption. Yet as ever more of us wake up, we are creating the stage for an entirely new way of living. We are the imaginal cells of a new world being birthed.

At first, the "imaginal cells" promoting a new paradigm in our world were strongly suppressed. Some were even killed

for speaking out: Gandhi, the Kennedys, Martin Luther King, Jr. Yet as an ever increasing number of us reach out and link up, we are forming a powerful cooperative network which is laying out the blueprint for the inevitable transformation of our planet. How exciting is that!!!

I am particularly thrilled that large numbers of the younger generation are now talking both about this change and about how we are all interconnected. As the older generation dies off and the old paradigm loosens its grip, the younger generation is paving the way for a world much more focused on love, compassion, and cooperation. Like me, these young people know that when you take away all the intense social conditioning, every one of us at our core is a beautiful, magnificent being.

Creating Heaven on Earth

The global awakening is spreading rapidly. Hundreds of thousands of organizations and many millions of people around the world are now joining in a profound movement to usher in an exciting new paradigm. And as others are attracted to the clear way we radiate love, joy, and authenticity and to how much fun we are having, our numbers are growing rapidly. For the incredibly moving six-minute video "Blessed Unrest" which beautifully demonstrates this, click here.

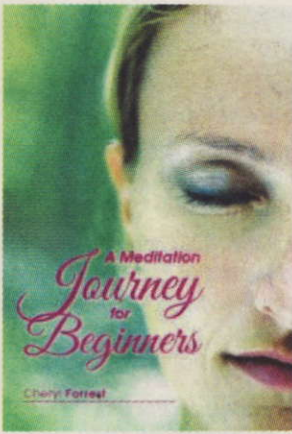
What about you? Are you a part of the movement? If not, are you interested in joining us? There are many great ways you can do this. Ask for guidance in leading you to whatever ways are right and best for you to join in the exciting transformation taking place even as you read this. One possibility is to educate and inspire yourself on one or more of the transformational PEERS websites. Or consider exploring one of our highly praised free online courses which beautifully interweave the light and the shadows for the greater purpose of personal and global transformation.

Even as you embrace your role in this transformation, remember that there are people and forces out there which don't want you or us to change. A relatively small group of elites want ever greater control over the public to serve their own interests. They are doing all they can to keep us in the dark so that they can continue to amass fortunes and control the destiny of the planet. And what they don't want you to know is that you are magnificent. You are an infinite child of the universe.

If all of us help each other to awaken to our inner magnificence and join together to shine light on the actions of this relatively small group of elites, I have no doubt that eventually we can create heaven on Earth.

One key to inviting our inner magnificence to shine through is recognizing the importance of choice. Though we often do not have conscious control over what happens in our lives, we always have choice in how we respond to anything that happens. It is this choice that gives us incredible power to consciously create our experience of life and to make a difference in the world. I totally support you in letting go of whatever doesn't serve you and stepping ever more fully into your magnificence. Thank you for joining me and all of us here on this wild journey through life on planet Earth.

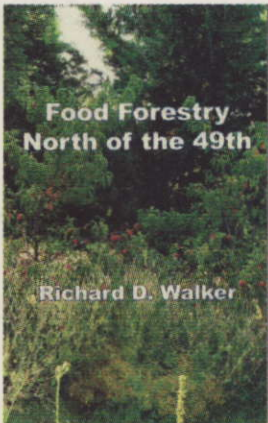
Book Reviews by Angèle



A Meditation Journey for Beginners

Cheryl Forrest • Balboa Press

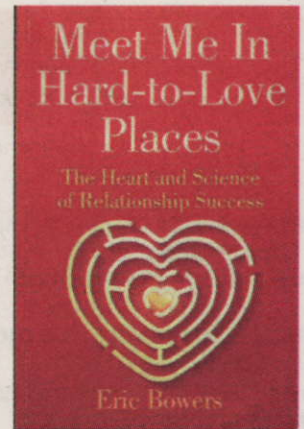
A sweet book. Cheryl has dedicated her life to helping others find peace within. I liked her story about the zucchinis and the endless flow of abundance as we joyfully create what we want in the world. It all starts with awareness and breath. Staying aware of our breathing is so important. Meditation is a connection to our spirit who wants us to slow down and breathe in our real essence, which is love. This book gives many examples of ways to let go of the busyness, as we train our mind to slow down. Cheryl lists almost 100 reasons why we should meditate and start the journey inward. Time to slow down and enjoy the process called life.



Food Forestry North of the 49th

by Richard Walker,
self-published

Richard lives in Osoyoos and is a great resource person if you want to learn from his forty years of endeavoring to grow suitable trees and bushes for our climate. Creating a food forest takes planning and in our colder climate we have less choice and longer maturing times. Sharing his experience is a blessing so we don't make the same mistakes. Richard encourages people to have a supply of edible plants near them as a sustainable option that can save you money. There are instructions for creating a design so that you can leave your forest unattended for six weeks in the middle of the growing season and it will still thrive. To make a food forest you grow some nut trees for the overhead canopy, then add some nitrogen fixing trees or plants, usually medicinal trees, some berry bushes and a variety of herbs. This basic design will provide you with a sense of abundance for many years.



Meet Me In Hard-to-Love Places

The Heart and Science of Relationship Success

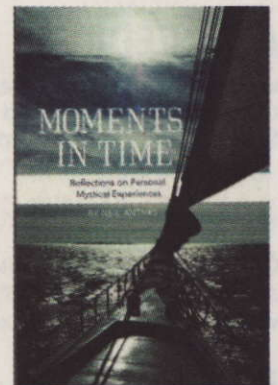
Eric Bowers, self-published

Excellent, excellent, excellent. I have attended a few of Eric's seminars and really like his style. He stays focused on the underlying needs we have as humans, to be understood, respected and loved, as taught by his teacher Marshall Rosenberg, the originator of Non-violent Communications. Most adult conversations are strategies for getting our basic needs met, which are often unconscious. Once we feel heard, life is less frustrating. Eric's book will help you logically understand why relationships can feel hard. We all know conflict is a normal part of life but many of us did not learn these coping skills. Once we notice our patterns we can resolve the conflict so both parties feel respected and valued. I highly recommend this NVC student's book of understanding himself, then sharing his examples so we can learn our life lessons a little more easily. Understanding how memory is stored can help us learn to drive our 'car' or ourselves more carefully with a better understanding of when to brake.

MOMENTS IN TIME

Reflection on Personal
Mystical Experiences

Neil Anthes, Friesen Press



Glad he took the time to write down and share his observation. This helps us all know more about the unseen forces that shape our existence. In one of his chapters he reminds us the fear is futile, especially if we do not understand the threat, which is often imagined. He gives many practical applications to apply divine principles of awareness. His hope is that we can once again be as innocent as a child as we anticipate our future instead of being disappointed with our expectations. This book has short chapters and is a good read before bed.

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