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Year of the Fire Rooster

In astrology, Mars entered Aries on a New Moon in Aquarius. This set the stage for Fiery Beginnings and Revolutionary Responses.

The rest of year, Jupiter, Saturn and Uranus support this passionate phrase. Revolution is a strong word. We can visualize how it might play out on the global front. Instead, let's consider our role as individuals. Each of us contribute to the whole. Our own inner and personal revolution affects the big picture. "You cannot not evolve. It is only a question of which way you will choose to learn as you evolve. This is always your choice." says Gary Zukav.

Courage and freedom are high fired-up priorities this year. The New Moon, in freedom-loving, revolutionary Aquarius, is a double statement to the Mars sign change. Mars represents what drives the personality to accomplish our Soul's Purpose. Mars acts through courage and personal will.

In February, more physical energy helps us pay attention to what we resist in ourselves — our personal uniqueness or our hidden talents.

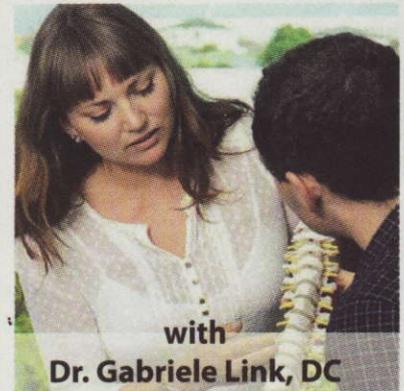
From March 4 - April 15, a Venus Retrograde cycle encourages reflection of our core values. How are our essential needs being met when we are not courageous on our own behalf? What behavior will we choose to display? Tantrums or manipulation? Resistance or isolation?

Early March also brings a powerful Jupiter/Uranus opposition. If we are not clear on our highest values, we risk extreme behavior like tossing out the baby with the bathwater instead of valuing what works or what we love. Instead of balance, there is chaos. Instead of mutual cooperation, there is resistance or rejection. Whatever decisions come from the Jupiter/Uranus energy — balanced or unbalanced, visionary or extreme, Saturn works to manifest.

Saturn trines Uranus in May and follows up on our resolutions, regard-



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less of how we label them, 'bad or good', 'inclusive or exclusive', 'revolution or dictatorship'. Grandfather Karma builds results with little resistance.

End of September, this energy is repeated. Jupiter and Uranus reflect grand future propositions arising through conflict or compromise. Saturn/Uranus builds results with little resistance in Nov.

Use the next two months to acknowledge personal desires and get clear on core values and essential needs. Choose wisely, it will affect us all.

Read more about Mars in Aries and what it can mean for you at www.scorpio-moon.com

Shawn Limbach is a blogger, website builder, programmer, artist based in Penticton.



Shawn Limbach

Astrologer

Wordpress Websites

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Me, Cancer?

by Dr. Ursula

It's been such a long time since my last article, and that's because I have been busy on my own healing journey. The irony that I as a thermographer should end up with breast cancer, has not escaped me. I, who advocate regular breast screenings, did not regularly monitor my own breasts. I have spent many years doing thermography and giving advice on breast issues. Years of studying and research were at my fingertips, yet nothing has educated me so much as this cancer journey. It was a very humbling experience, and it is only recently that I feel motivated to share my trials and tribulations with my clients and now you.

It is impossible to really know what a cancer patient goes through unless you have gone through it yourself. When you are diagnosed as a 'cancer patient' you enter a completely different world. The decisions that await you can be overwhelming. It is at this diagnostic stage that fear can shock you unexpectedly or can creep up on you slowly.

Being trained in German New Medicine, I felt no fear when I was first diagnosed. However, the fear surfaced the more I talked to people. I felt my children's and loved ones' fears accumulating and steadily growing like a snowball. In fact, it was a constant struggle to stay in touch with what I already knew was true. This is such a crucial part of the healing journey: facing your worst fear, the fear of dying. How you handle your fears has a huge impact on the life of your cancer.

Cancer is also a wake-up call to examine everything in your life. Most of us are not in touch with what is unconsciously driving and limiting us until we are faced with our own mortality. Only then do we question our beliefs, behaviours, relationships, and life goals on a deep existential level. In short, cancer is a ticket to find your *raison d'être*. This is where I took full responsibility for my life, not blaming others or becoming the victim.

I used to rush around checking things off on my to-do list, adding stress and depleting my adrenals. The adrenals are an emotional barometer, and also play a big part in the cancer prognosis. I had to learn how to slow down and go about my day with more awareness of my mental-emotional state. As a result, my sleep dramatically improved which was vital for both my adrenals and immune response.

The words of one of my homeopathic teachers became vividly real for me: "If your consciousness has been transformed by the cancer journey, then you are on the road to lasting recovery." This is a call to awareness, to what matters most in life and this is where a counsellor, psychologist and especially a spiritual teacher becomes crucial. Instead of spending all your time focusing on illness, reinvent yourself. Discover unhealthy patterns that may have led to getting cancer in the first place. This is not to say that your physical body does not need constant monitoring and care to get and stay healthy.



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I am very grateful to be alive and feel ever more deeply called to help others avoid making the same mistakes I did. During thermography consults, I will offer any insights that I feel may help you, whether you have cancer or not. Since I have learned about the cancer landscape from multiple modalities, both alternative and allopathic, I have more to offer in terms of guidance. After all I have been through, I cannot advocate enough for being proactive. Early detection makes all the difference! *see ad below*



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Musing

with *Angèle*,
the publisher



It was great to publish only twice last year and this year it will be once. The closure of Naramata Centre and the winding down of the festivals held in the Okanagan has allowed me to refocus. I seldom call it work as organizing and promoting my ideals is the best vocation I could ever have asked for. Raising three kids at a young age and juggling a variety of jobs over 25 years was my only training. The skills needed to run the Retreat Center are no different, I feel my on-the-job training is complete after 13 years and it is time to train others who have a passion for inner growth and want to be of service. Richard and I both love the work we do but know it is time to have others step forward and take responsibility for the day-to-day functioning of the Retreat Center and help make community happen.

Last year my angels, like the one on the front cover, which was a wedding gift from Richard and now oversees the dining room in the lodge said, "It is time to write the book, a version of my 25-year blog about growing and understanding myself, complete with advice and examples for young people on how to grow ourselves into healthy souls that support our planet's need for our well-being." When this was first suggested 20 years ago, I never took it seriously as there are so many great books just waiting to be read. My angels say the time is now and since I have developed some writing skills I will do my best and hope to get started soon.

My plan was to start last fall but the weather was so amazing that the garden took priority. The month of November saw flower beds dug, raspberry canes moved, complete with new posts, and a chicken-run built in the lower garden, complete with a new coop waiting for spring. In December, we processed food for use next season and got the taxes done. January and February were used to get the magazine and Festivals organized. Come March, the snow will melt and some new crew members will arrive. The Spring Festival of Awareness will happen at the end of April followed by a busy summer season. We will host the third annual Sacred Music, Sacred Dance Festival and our tenth Summer Tai Chi Camp. The Wise Women's Festival has returned to its original dates in the middle of September.

My hope, as the crew members get trained, is to take two days a week off and start the book down at our lower house. Last fall, Richard decided it was time to have our own space and leave the lodge to the crew members. Danny has been with us three years and loves looking after the wood stove, chickens and yard maintenance including snow shoveling.

My hope for the summer is that at least two people who are okay with living in community will want to learn how to run the Retreat Center and make a commitment to stay around for several years so we can change the structure of how things get done. It is important that the Center stay vegetarian with a spiritual slant, as we believe that peace on this planet is determined by the way humanity treats its animals, surroundings and food supply. These days, pets are treated like children, and with less ignorance surrounding the 'factory' farms, our diets are slowing progressing to being more plant-based. I am glad hemp hearts are gaining in popularity and can be sprinkled on any dish. We each vote with our dollars and our time. Understanding our connection to the 'all that is' is important as we evolve.

continues on page 6

STEPS ALONG THE PATH



Civil Disobedience

This story began during the Vietnam War when I was going to college in the mid-west. My wife and I were living in a farm house in the countryside near the college. The U.S. government apparently needed more money to finance their war so they put a surtax on telephone bills. My best guess was that most folks would not notice the additional tax.

At the college I was part of group of anti-war activists so this war surtax was on our radar. As a pacifist, I was not about to add money to the war effort so every time I paid my telephone bill I subtracted the surtax. Each time I mailed in my payment I attached a note explaining that I was not paying the war tax. This went on for several months and apparently the war managed to continue without my financial contribution.

One Spring day a black sedan drove up to our farm house and a guy in a suit gets out of the car and knocks on our front door. When I opened the door the guy flashes a badge and explains that he is some sort of agent sent to collect the twelve dollars in tax that I had refused to pay. I told him that I am a pacifist and can not support a war of any sort. At this point he opens his jacket just enough to let me see that he is carrying a handgun in a shoulder holster. I laugh at him and ask if he is going to shoot me for twelve bucks, he is not amused. He was adamant that he would not go away without the twelve dollars so I decided to appease him by looking all around collecting change. I kept dumping the coins on the kitchen table and counting them. Eventually he got tired of this process and scooped the pile of coins off the table and headed towards the door. Before he leaves I tell him that I will probably see him again next month as I will continue to not pay the war surtax. He got back into his black sedan and drove out of sight.

Well somewhere in some government office they probably counted out that pile of coins and decided it was not economically feasible to send one of their agents out into the countryside to collect twelve dollars... or something close to that.

That was the first and last visit I received by a government agent. And yes the war continued on for several more years but I am proud to say that it was no longer supported with any of my money. And hey, I did not get shot so I was able to leave more Footsteps along the path of life.

Namaste *Richard*

"Peace does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart." ~ Unknown

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Often, and especially during a busy day, I make time to breathe deeply and tell myself, "I have permission to slow down." These moments connect my soul to the energy of the universe and enables me to hear the inner voice more clearly, whether it be turning off the oven, creating a meal from left-overs or imagining bigger projects.

Learning to write and edit took me 20-some years. Living with Richard and in community has given me lots of practice time putting into words what I observe or feel, as that was not a skill I grew up with. I was a shy child who did not even speak till I was five years old. At about 23 years old, I remember feeling puzzled: I could not figure why other people's inner voices did not work. Since then, I have learned that some people have strong egos that like to argue, debate and refuse to say 'yes' to inner feelings, and instead they rationalize why it can't be done.

Last February for my birthday, I took a course and bought some Acutonic Forks that helped me tune into the cosmic vibrations. This too has taken time, to slowly awaken me so I could 'smell the roses,' or hear the vibes that create reality. Every thought, every sound we hear or utter, creates our reality.

I remember after I had started publishing Issues magazine, a New Age album was released by a Canadian Patrick Bernhardt, entitled *Atlantis Angelis* that was out-selling the hit songs. I put it into the CD player and did not turn it off for about two weeks. When Richard and I married we used a song from that album as our wedding march. I understand these songs are Sanskrit mantras sung with great love. Patrick's intention was to awaken people to their purpose so the planet can fulfill its destiny. Listening to his music activates an inner pleasure deep in my soul, allowing me to dance about as I create my life.

I am writing about this now because recently I noticed a book on our shelves called *The Secret Music of the Soul*, written in 1991 by the same Patrick Bernhardt, in which he explains *why many well-educated graduates bypass freedom and happiness. That genuine security and real health rests on one thing only: the harmonization of the subtle body. It is only when the physical body vibrates in sympathy with cosmic equilibrium that all physical life thrives.*

Patrick continues *that the Vedic Scriptures and ancient Chinese literature have bequeathed important information on this topic. The chakras and meridian points are connected to the subtle nervous system and reflect back the emotional functions of individuals and whether or not they are harmonized. All sorts of tension and fears usually block these centers and the accumulation of negativity prevents us from the enjoyment of life's divine law: that there is an inexhaustible treasure of serenity and abundance. Since nothing is left to chance in the universe, it is possible to quickly learn to align and vibrate to specific planes of consciousness which go beyond the human language. We just need to make time to learn these ancient practices.*

Perhaps this explains why I resonate deeply with yoga and Tai chi/Qi gong and why millions of people practice it. Today, images of the chakras are becoming more common as is chanting or listening to meditative-like music. Patrick says *this connection does not involve mental effort, the will or the intellect. Once we plug into the circuits, information hidden deep within us helps us to abandon our everyday worries and trust God or the Tao.* Life becomes more peaceful when we balance the doing with being, but it takes trust and years of practice to learn these ancient methods of keeping ourselves harmonized as we let go of old programming.

Spending my holidays in the Kootenays 20 years ago was the first step to moving here and started a ripple effect that changed me. The vibrations of the mountains are powerful and help unite us with our soul's purpose. I invite you to check out this fact by joining us at one of the Festivals or Summer Camps. If you have time to volunteer for a month this summer, let me know. You may walk away changed as well.

*A truck load of Squash grown
 in my cardboard garden.*



Angele





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or meet them at the Spring Festival of Awareness, April 28-30 in the Kootenays

A portrait of Gurpreet-Ji, a woman with short, wavy, grey hair, smiling warmly. She is wearing a light-colored, possibly white, top with a decorative, embroidered neckline featuring geometric and floral patterns in red, black, and green. The background is a plain, light color.

Satsang with Gurpreet-Ji Teaching that Comes from the Heart

Right here in Vernon, in the beautiful Okanagan Valley, a vast door to Home is made available by THAT who begins to sow the seed of Truth in every human being. Carrying the wondrous torch of love and light, this awakened master, Gurpreet-Ji, has been holding Satsangs on most weekends and longer retreats as well. Seekers who come to these Satsangs receive guidance and motivation to live from their Hearts. Hearts open while listening to Gurpreet-Ji's talks which come from her deepest core where Truth resides. When Gurpreet-Ji guides and connects individually with a student through dialogue, while seemingly on the surface, it is, in actuality, at a much deeper level of inner Beingness. During these connections each student receives very personal guidance to move from their current level of awareness to the next.

All students present in Satsang greatly benefit as the whole group moves as unified consciousness in the oneness of Gurpreet-Ji's presence. Every heart is touched by this pure presence and is being moved towards purity within. Although the mind does not understand, a natural yes in the core is strongly felt as Gurpreet moves everyone beyond the doings of the mind in a very natural and organic way without involving any intellect. As the mind is being purified, the conflicts and struggles drop. The flow of consciousness within changes its direction from unreality towards reality, from form towards formlessness, from incompleteness towards completion, from restlessness towards restfulness. Gurpreet-Ji provides the opportunity and possibility for each one of her students to return Home to the stillness and silence within. Her tender, loving softness and unlimited patience keep melting the walls of her students, dropping them into the unknown. It is here where Gurpreet supports her students to recognize more and more clarity, continually enhancing their own heart's 'knowing'.

Registration and Information
www.AwakeningwithGurpreet.com

Beyond Conflict

by Lynne Gordon-Mündel

Whether we are speaking of global events, families, or intimate relationships, the picture is the same – humans have not yet understood the origin of conflict or how we can move beyond it.

Around the world, diplomacy, negotiations, sanctions, bombs, pleas or cries for justice . . . none of that is bringing about peace. Personal relationships tend either to be short-lived or to plateau into acceptance of minimal aliveness. What is going on? Will there ever be a way to maintain aliveness without going to war with each other?

Of course there is! As we observe how life works, we notice that a repeating pattern always leading to conflict shows up over and over again. We can learn from observing our repeating patterns of behavior!

It is difficult for humans to acknowledge their biology. Most do not want to see that conflict - call it 'war' - global or familial, is a fundamental biological patterning founded upon the continuance of the ancient relationship between predator and prey. In the human condition we speak about this relationship with words such as 'oppressor' and 'victim'. In all cases, a dominant force is interactive with and opposed to one that is suppressed. The threat, often carefully hidden, is that one will 'eat', the other will 'be eaten'; one will 'have', the other 'have not'; one will 'get', the other will 'lose'. Whether we speak of countries, political parties, or individuals, all participants try to attain or maintain the position of dominance, of power over the 'other'. They try to be the predator rather than the prey.

In the human condition, some people become accustomed to being in the prey position; they have made victim status seem to work for them, thus they also feed into the predator/prey dynamic.

Is there a way beyond this repetitive, biological pattern? Is there a cure for war, in relationships, in families, in countries, globally?

Yes. There is. Evolution does not leave us repeating patterns forever; evolution wants us to catch on to the fact that we are going in circles; it wants us to realize we can transcend the pattern. How?

We move beyond our primal instincts by listening to and actually understanding the teachings of the awakened ones who have gone before us. Their message has always been simple and clear: Love is the doorway. However, understanding Love – really knowing what it is – presents us with

a life-long commitment and a riddle. Is it Love when we show up doing good deeds? Is it Love when we have powerful emotional feelings or strong attractions? Is it a feeling of safety? Or is it something quieter and less visible – a willingness to listen and to open-heartedly hear and learn from the arising moment – even when we seem at first not to agree with or like what we are hearing. And are we willing then to change our behavior in ways that serve the good of all?

Love is a vibration with radiant effect. Individuals who to listen to each other, learn from one another, and live Love, will influence the global situation more than anything in the political arena. They will be effective and, in their relationships, there will be room for growth and creativity.

Lynne has released her latest book



Lynne's latest book

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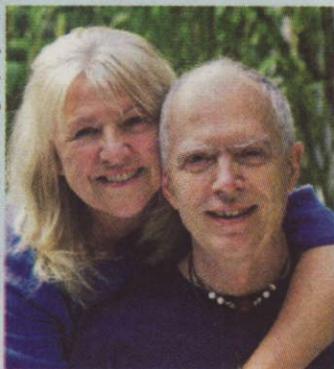
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for more info on content connect with **Elfi Emaya Dillon**

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Feeling stuck in life?

At age 16 I was a schoolgirl with a dream of becoming a psychologist. But, to my surprise my dad said, "you're not going back to school. You're just a woman and you don't need an education. It's time you get a job and start paying room and board." So, I got a job at the local Greek restaurant. We had just moved from Winnipeg and I did not have any friends. I was being severely abused at home - physical beatings, verbal and emotional abuse. It was like living in a war zone.

One night my mother beat me so bad I had fist-size bruises from head to toe. Then she dragged me down a flight of stairs by my pony tail and cut off all my hair. That night I was sure she was going to kill me. She was in such a rage and she came at me with the scissors again saying she was going to cut up my face. I jumped from the third story window onto the roof of the shed and then down to the ground.

I ran to the only person I knew, Andreas, the cook at the restaurant where I was waitressing. He was 26 years old. He said he would marry me and take me away from all the abuse. Instead he disappeared when I was three months pregnant never to be seen or heard from again.

My father was so angry with me when he found out I was pregnant that he would not let me come home. I landed in a homeless shelter and on welfare. All I could think of was Andreas. I was in love with him. I thought he loved me. How could he leave me? I was heartbroken and ashamed. Here I thought I was going to get married and get away from the poverty and abuse of my childhood, and instead I end up pregnant and homeless. I was devastated.

As difficult as my situation was, I was determined to keep my baby and give him a good life. As soon as my son was born, I went back to school to complete my grade 12 and a clerk-typist course. I would work and go to night school forever if that was what it took. I wouldn't give up. In my heart of hearts,



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I KNEW there had to be more to life than being impoverished and abused. My dream of becoming a psychologist seemed impossible, but still I wanted to help people - so they would not have to suffer the way I had suffered growing up. I could not imagine back then the extraordinary life that I would end up living!

When my son was 6 years old, I discovered a way to live my Soul's Calling. Let me tell you, the burning desire rose up in me like a volcano ready to burst forth! I took out a student loan and became a social worker. It wasn't a psychologist, but it came close. I just wanted to help others overcome adversity and achieve their maximum potential so they could realize their dreams. Eventually I became a registered social worker, a certified rehabilitation counsellor, a certified human resources professional, a professor at the university teaching in the grad and under grad business programs, and an award-winning speaker, author, consultant, and coach. I was honored to receive The Woman of Distinction Award, The Courage to Come Back Award and the Sperling Teaching Excellence Award.

Over the years I navigated many challenges and adversity but knowing my purpose truly helped me to defeat poverty, abuse, lack of education, and, most recently, a life-robbing, debilitating disease that put me in a wheelchair. When I was diagnosed with this incurable, multi-system disease, the leading specialists told me there was no hope and that I should ACCEPT my fate and a fully customized, electric rehab wheelchair, but, I DID NOT! Instead, I returned to applying the proven principles of success and the invisible laws that govern our universe that I have been studying and teaching since 1979, got back to focusing on my passion and purpose and in 2013, I got up out of my wheelchair, rebooted my business and began doing what I LOVE again. That made all the difference for my health AND my life. It is the reason I get out of bed in the morning. It is what energizes me, and fills me with joy and enthusiasm! It is the rocket fuel of my life. I feel so blessed to be able to do this. *see ad below*

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Inguinal Hernia

by Wayne Still

One of the most common physical afflictions to beset the human body is the inguinal hernia. It is far more common in men than women, particularly if the man is sedentary and overweight. Usually dealt with by surgery, there are about 750,000 procedures done in the US each year with a 10-15% failure rate. An inguinal hernia occurs when there is a tear in the membranes and muscles of the abdominal wall which allows a section of the small intestine to protrude through the abdominal wall. The inguinal area is located just superior and lateral to the pubic bone. A hernia is not life-threatening except in the case where the intestine actually protrudes through the skin when it is known as a strangulated hernia and emergency surgery is needed. Without surgical intervention to replace the intestine and repair the abdominal wall the digestive system becomes blocked. Obviously not a good thing.

Late in 2015 I was getting back into swimming after not having done much of the sport for about four decades. I was in a coached program and at one point we were taught the butterfly kick. One evening after a couple of practices of this I felt a softness in my inguinal region which was soon followed by a palpable bulge. To my horror I realized that I had developed a hernia and I am neither sedentary or overweight. A quick check online confirmed my suspicion along with the information I have relayed in the first paragraph. Now I am not a fan of surgical interventions except in exceptional circumstances. I see the negative after-effects of surgical scar tissue in my bodywork practice on a regular basis so was not too inclined to go that route. In any event an MD at a walk-in clinic told me it would be

six months to a year before I could have the procedure. So I started to do more research on non-surgical treatments for the problem.

What came up immediately on Dr Google was the use of comfrey root poultices along with a bunch of horror stories about botched surgeries. Also encouraging reports of people who were able to deal with a hernia without surgery. I found a source of comfrey root, bought a coffee grinder to make it into a powder, then learned how to make and apply the poultice. This involves making a pad from 4x4 cotton sponges, mixing the powdered comfrey root with enough water to make a paste roughly the consistency of brownie dough. The mixture is applied to the pad and taped to the area where the hernia is happening, leaving it on for 8-10 hours. After the first painful removal I learned to shave the area as I am a rather hairy beast. I continued to apply the poultices pretty much on a nightly basis, sleeping with my amethyst bio mat over the poultice for several months. In the summer I was able to source fresh comfrey from a friend's farm so was able to use the leaves as well as the roots in the mix. I was also getting weekly acupuncture and cold laser treatments to the area. In addition to all this I would spend an hour or so in the evening on my slant board with the intestine pushed back into place doing Kegel exercises that extended into the abdominal area to strengthen the muscles of the abdominal wall so as to facilitate the healing of the tear. Skiing, swimming and cycling activities were suspended for the duration of the winter.

Over the course of several months I felt the area of the hernia become solid again although the loop of intestine continued to come through the wall. The encouraging part was that the loop gradually got smaller and harder. There is smooth muscle tissue in the intestinal wall which was strengthening and shortening the loop. I did not ever have a lot of discomfort from the hernia but I now go for days without feeling anything out of the ordinary in the area fourteen months after the initial occurrence. During the summer I was able to pursue all the activities I enjoy so I am quite satisfied with the healing regime I chose. As I continue the exercise regime I described above I am confident that eventually the hernia will completely heal. *see ad to left*

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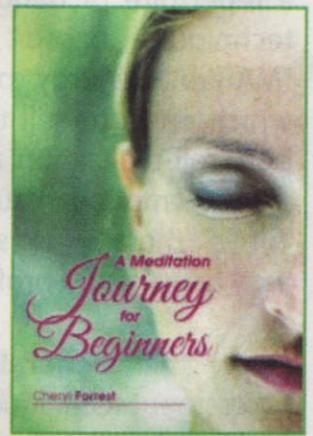


Cheryl Forrest is an internationally-known counsellor, artist, and teacher. Early in life, Cheryl became aware of her abilities and pursued a ministerial degree as well as a degree in humanistic parapsychology. She has been counselling for over forty years and teaching spiritual and intuitive classes 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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A Meditation Journey for Beginners Book by Cheryl Forrest

Meditation is a state of being rather than doing, but paradoxically to experience it you have to try 'doing' it. A few people – usually advanced meditators – find their minds turn inwards with ease and settle quite naturally into stillness, but the vast majority of us need to employ techniques to help quieten our minds and reach meditation, so we enter into a new relationship with our own consciousness, gradually, uncovering aspects of ourselves that may have been hidden or blocked off.



MONTHLY MEDITATIONS

We gather the first Wednesday of every month for a group meditation, unless otherwise noted. We meet at The Cove Resort in West Kelowna, 7 pm start. \$10 donation to cover cost of room.

2017 program dates ~ details on www.CherylForrest.com

Introduction to Meditation - March 16, 23, 30 & April 6.

Waking Up! - June 16

Overview of World Religions - March 17-19

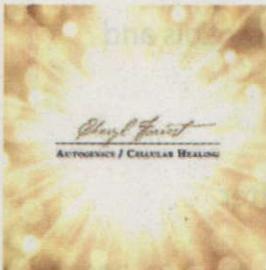
Intermediate Meditation - August 11

Easter Meditation Retreat - March 24

Tarot - Sept 8

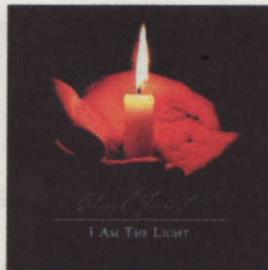
at The Cove Lakeside Resort, 4205 Gellatly Rd, West Kelowna, BC. Details on the website

Cheryl CDs and book available on her website • Mosiac Books and Dare to Dream in Kelowna • Banyen Books in Vancouver.



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Trained as an Ayurvedic Practitioner over a 12-year classical apprenticeship with Vaidya Vasant D. Lad, M.A.Sc., Jaisri teaches all levels of Ayurveda and offers personal Health consultation services.

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"**Balancing the Doshas**" introduces more than six new protocols and techniques to deepen the "General Session." You will learn how to identify "doshas" and to use protocols for balancing Vata (air principle), Pitta (fire principle) and Kapha (earth principle) and their respective balancing protocols in Marma Chikitsa (Turiya Therapy). This program is suited to those with some knowledge of Ayurveda who want to deepen their clinical bodywork practice. Prerequisite: Ayurveda Studies Program or equivalent.

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For more information and registration, contact Camela Cowan, at (250) 505-3875 or email her at: camelacowan@yahoo.ca To contact Jaisri, call 604-290-8201 or visit: Ayurveda-Seminars.com

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Once in a while something really life-changing comes on the market and it is well worth sharing! If you play sports, are on your feet a lot, or getting into those senior years this product is a must! The new wellness technology for seniors, athletes, body builders, golfers, sports enthusiasts like baseball and hockey is a remarkable 'wearable wellness technology' product.

It has a third party, one thousand-person, diabetic neuropathy pain study. 98% of people had reduction in pain and increased energy levels!

This company unveiled its human performance technology in the form of ultra-high quality socks and insoles. This 'wearable apparel and accessories' is of great value and works by strategically, but gently, activating the NEURO-POINTS and DERMATOMES, which are precise patterns in the nerve-endings. They are the body's nervous system sensors bringing info from the *Peripheral Nervous System* to the *Brain/Central Nervous System*. It's similar to defragging our computers!



In an instant we have OPTIMIZATION of our body's STRENGTH, ENERGY, BALANCE, FLEXIBILITY, RELAXED FOCUS, HOMEOSTASIS. It even affects functions like heart rate and respiration. It is said to provide self-healing with its self-regulating ability! It is valuable for everyone but especially seniors, whose main fear is losing balance and falling. Try the Wellness series of seamless, comfy socks for sensitive or diabetic feet or the Knee-Highs for support vs the traditional Compression Stocking ~ these new products are not just for athletes.

This breakthrough is truly a science-backed blessing! Some of the research was done by an advanced Energy Medicine Professor and a retired Sheridan College Sports Medicine Professor.

Research development took six years and is said to have *harnessed the power of neuro-science and neuro-activation*. It has just been launched in Canada and has secured world-wide patents. It has already been validated by many high level and pro-athletes, sports leagues, and even elite military units, like the US Navy Seals! The compelling research, including double blind studies has gathered many alliances with Dunlop, Everlast, Callaway, the California Sports Institute, the Golf Lab, and LIUNA, a leading organized labour union.

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Fred Shadian

Energetic Chi Kung Teacher/Healer, Nutritional Microscopist, Martial Arts and Firewalking Instructor, Author of "Energetic Questions: Life's Simple Answers".

Fred holds 3 Blackbelts in 3 different Martial Arts styles and has been teaching professionally since 1989. His workshops have guided thousands of individuals worldwide in awakening their own energetic healing abilities. Fred has appeared on CBC Radio, BCTV, Chek TV and Canada AM.

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Energetic Breathing

by Fred Shadian

Breathing is the single most important aspect of human survival. Yet, few people know how to rhythmically breathe correctly. Shortness of breath is a major challenge for many people that are experiencing different forms of physical and mental dis-ease and dis-comfort. The fastest way to return to ease and comfort is to learn rhythmic breathing.

Take a moment to observe your breathing pattern. Do you inhale through your nose or mouth? Do you exhale through your nose or mouth? Do you hold your breath after you inhale or exhale, and for how long? Notice your breathing pattern and how it serves you.

Here is a simple energetic breathing exercise that can potentially help every aspect of your life. Inhale through your nose for 3 seconds all the way to your energetic center.

Your energetic center is located roughly two fingers below the navel, and two fingers deep. It is also known as DanTian in Traditional Chinese Medicine, Chi Kung and Tai Chi. In Japanese, it is called Hara. In Pranic Healing, it is referred to as Secondary Navel Chakra. In anatomy, it is called Center of Gravity. Our energetic center allows us to create a balance between our spiritual, mental, emotional and physical bodies. Hold for 1 second and smile. Exhale through your mouth for 3 seconds. Hold for 1 second and smile. Practise for 9 cycles, a total of 72 seconds. Repeat every hour, on the hour. It takes 12 minutes to practice this 10 times, throughout the day.

Energetic Breathing; 3, 1, 3, 1~ Inhale for 3 seconds, hold for 1. Exhale for 3 seconds, hold for 1. Repeat for 9 cycles.

Smile as you practice this exercise.

I once asked my friend and teacher, Grand Master Choa Kok Sui, the founder of Pranic Healing, "What's it like to be in your center all of the time?" He replied saying, "I am not in my center all of the time. I am just able to connect with my center very quickly when I need to."

Different challenges come our way on a daily basis. The key to mastering any situation is to learn how to quickly return to our energetic center. For some people, it takes a day, a week, a month or years to return to their center when they are mad or angry at someone. By returning your focus of breath to your center in 10 seconds or less, you are on your way to mastery. You see this with all masterful professional athletes. When someone irritates them while they are playing their game, they have the ability to recover much quicker than the average player.

It is good to practice the Energetic Breathing 3, 1, 3, 1 into your Energetic Center as you go through your day.

Fred is author of *Energetic Questions: Life's Simple Answers...* see book reviews on page 29

He will present at the Spring Festival of Awareness, April 28-30 and will host a workshop May 1 & 2. see ad above



Joys of a Qigong Lifestyle

Have you ever longed for your life to unfold with ease and grace? Qigong is the practice of aligning with the "Tao," the natural way of living in harmony with the universe. Living a Qigong lifestyle, we invite "effortless unfolding." We become more in tune with our life force creative energy and open to the joys and guidance of synchronicity.

I have embraced Qigong in my daily life for over 30 years. Living these practices allows a simplicity of being in the moment where inner life can reveal itself, and a vibrating kaleidoscope of energy adds a deeper dimension to each unfolding moment. A mindfulness practice like conscious breathing brings me into the present moment where I can appreciate the simple joys of life. I naturally and effortlessly remember to enjoy the intoxicating scent of roses and the simple gift of breathing in the fresh air!

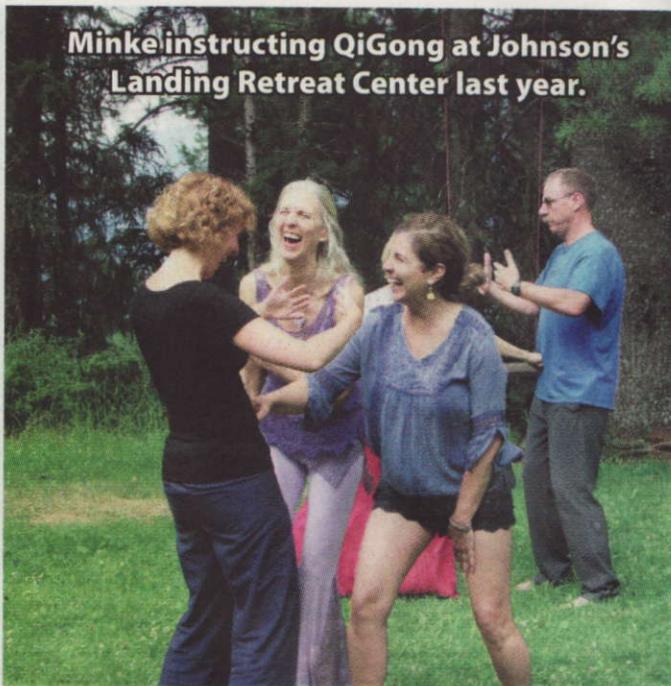
The Qigong life begins with an inner smile meditation in the morning. Rather than waking up with worry, we can choose to wake up with a smile. The motion of the lips rising uplifts the energy of the whole body. We focus on embracing ourselves with loving acceptance, which stimulates our true nature of happiness. Listen deeply. This true cellular happiness protects us from illness and negativity. Smiling raises the white blood cell count and strengthens the thymus gland. When your heart and body are happy, the immune system is strengthened and life force is awakened.

Living in the busy world today is stressful. As stress accumulates you can shake to relieve stress and get energised. Bounce, shake up from the earth, loosen your joints, make sounds and allow ecstasy to arise. Ground and shower golden light upon yourself and the earth. "Shaking everyday keeps the doctor away!" It can be as simple as shaking, breathing, touching, tapping and sweeping. These are great natural healing gifts to offer friends and family when they are not feeling well. As we take responsibility for our health and apply these tools, confidence grows and life is enriched and enhanced.

Aligning with natural forces, Qigong is an ancient Shamanic healing practice. It is timeless. We pull down the shining light of the heavens and draw up the healing power of the deep earth. Our healing power sheds light on imprints from our past, and heals ancestral wounds, unwinding ancestral knots and liberating our relations of past, present and future. It becomes more possible to live fully in the moment where life is more fulfilling and spiritual growth is accelerated.

Would you like to be part of the movement to create more peace in the world? Developing inner peace through regular practice, creates a power that has a ripple effect, vibrating out to our families, our communities, our world and beyond. Peace comes through facing honestly your fears and negativity, then transforming the cloudy filters that restrict the flow of love in your relationships. At the end of the day, the practice of Healing Sounds clears excess emotional stress, sweeps away the residue of the day, and liberates

Minke instructing QiGong at Johnson's Landing Retreat Center last year.



bound energy, making room to grow virtues and allow your natural radiance to shine. Round up your Qigong lifestyle with letting go and letting in the light of inner peace before a restorative, restful sleep.

A personal Qigong practice can transform your life and open new possibilities. As with any practice, a community of support and friendship provides strength and integrity and multiplies the joy. The power of practicing Qigong in a group cannot be understated. We celebrate the seasons together. Breathing and moving together we experience the true feeling of oneness and a joyful connection with nature. Body language never lies. Moving with someone we entertain and feel their presence beyond words. Our defenses can relax and friendships are nourished in a safe, sacred space. As a teacher of Qigong, I have witnessed groups of people becoming close, and building spiritual family. Postures demonstrate integrity as individuals uphold the community and the teachings.

Celebrating the shifts in the seasons and life passages, we multiply joy and compassion together. Our noble intention for our practice is the best possible healing for all beings. The universe responds with loving kindness and we inspire each other to live with wisdom, love and compassion.

Would you like to learn more about the transformative power of Qigong? Would you like to experience the joy of living a Qigong lifestyle and increase your wellbeing and vitality by easefully accessing natural universal forces? I warmly invite you to join us this summer for a one month immersion in Qigong training! There is a rising movement towards peace, conscious awareness, and authentic wellbeing. Ride this new wave!

For more info. visit: www.silentground.com

Minke's one month teacher training will be held at Johnson's Landing in the Kootenays.

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Reiki Path Leads to Japan

by Teresa Krehel

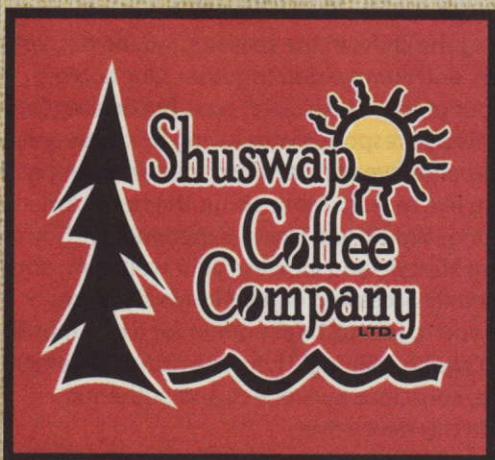
When I took my first Reiki class, in 1997, I had no idea that 20 years later I would be standing on the same mountain in Japan, where Reiki founder, Mikao Usui, first discovered Reiki. Back then, I had very little knowledge of Reiki, had never experienced a session but only knew that I needed to learn about it. This past autumn, that same strong impulse that had first led me to Reiki, had now brought me to Kyoto, Japan, to attend the Jikiden Reiki 2nd World Congress. It was incredible to experience the Japanese culture and meet with over 220 Reiki practitioners and teachers from 25 different countries.



Teresa & Mr. Tadao Yamaguchi

Jikiden Reiki was founded by Mr. Tadao Yamaguchi and his mother, Chiyoko Yamaguchi. Jikiden Reiki means 'directly passed down' and presents the original teachings of Mikao Usui, through Chiyoko's teacher, Dr. Chujiro Hayashi. Chiyoko learnt Reiki at the age of 17 and practiced it daily for over 65 years. Her family tree is illuminated with many family members that are Reiki practitioners and teachers. Jikiden Reiki is pure Japanese Reiki with no western influence.

Over a three-day period we toured historic sites. Our first tour was to visit Chiyoko sensei's gravesite. Here we were greeted by a Pure Land Buddhist monk who explained the traditions and invited each one of us to light incense and pay



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our respects to Chiyoko sensei. Our next destination was to Mount Kurama, where Reiki founder, Mikao Usui, discovered Reiki in 1922. There are many shrines and temples leading up the mountain, with the main hall being a special destination.



Mount Kurama Temple

Our second day of touring took us on a three hour scenic drive to Gifu prefecture, where Mikao Usui grew up in the village of Taniai. We walked the streets of his village, viewed the site of his family home and visited the Zendoji Temple, where he was educated as a young boy. Here, we all left our shoes outside and were welcomed inside by the resident monk who performed a ceremony and invited us to participate in offering incense and prayer.

The first day of the Jikiden Reiki Congress began with the largest Reiju Kai ever to occur to date. Over 220 people offering and receiving Reiju (similar to an attunement). The exhibition room presented historic Japanese photos of Reiki seminars and newspaper articles, from the 1930s. Some of these documents were newly discovered and were being presented to the public for the first time.

The Congress opened with messages from Mr. Tadao Yamaguchi and Mr. Arjava Frank Petter, from Greece. Gabrielle Gietzen of Nova Scotia talked of how Jikiden Reiki is used in the Health Care System in Halifax. Ute Vetter, of Germany, presented clinical scientific research that has been conducted on Jikiden Reiki and how it is now recognized as Vocational Training in 16 Federal States in Germany.

A special guest was Dr. Teruo Higa, professor emeritus at University of Ryukyu, who presented the benefits of his EM Technology to neutralize toxic radiation, restore environmental damages and improve agricultural yields and quality. His photos of plant, soil and water improvement, after the devastating radiation leaks in northern Japan, were astounding. He offers his technology free to communities to improve the qualities of their environments and lives.

On our last day, we toured the World Heritage sites of Japan. We visited the Kinkakuji Temple, also known as the Temple of the Golden Pavilion. Next was the Ryoanji Temple with its peaceful rock garden, followed by a visit to Sanjusangen-do Hall, which is home to 1001 carved and gold gilded Senju Kannon statues, Deity of Compassion and Mercy. Kyoto was once the capital of Japan and there are many more temples and sites to visit.... next time....

Visiting Japan, learning more of its culture and meeting its kind people, has brought me a greater understanding of Mikao Usui and an even deeper appreciation for the beauty and simplicity of Jikiden Reiki. As a Shihan (teacher) with the Jikiden Reiki Institute, I am honoured to be able to offer

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Adriaan filling a pillow. The machine to the right holds the pillow in place as it measures the weight. Below is Gwen sewing the pillow closed.



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the Shoden and Okuden seminars and share these beautiful teachings. I will be hosting slide shows of my journey to Japan, with Jikiden Reiki information. If you are interested, contact me for the dates and times.

Mikao Usui intended to share Reiki with the world as a means to bring health, happiness and wellbeing to all people. If the impulse of Jikiden Reiki speaks to you.... then I welcome you on this journey.... who knows where the next 20 years will take you? Arigato gozai mashita..... Thank you very much!

See ad above

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Ancient Rainforest - Ancient Knowledge?



by Riel Marquardt • He will be presenting at the Spring Festival of Awareness

Albert Einstein named it the 'Unified Field'. The Dalai Lama calls it 'Oneness'. Physicist Nassim Hamein lectures on the 'Connected Universe'. And, author Lynne McTaggart, simply titled her book 'The Field'. What are these individuals referring to? It is nothing less than the next evolutionary leap that humankind is on the cusp of embracing.

It may not be headline news on mainstream media as yet, but the bridge that moves us beyond the confines of our five senses as our primary feedback tool when interacting with our everyday is gaining a foothold. In short, the ancient psychic understandings espoused by sages throughout time and the emerging scientific proof of the 'invisible' field that surrounds us all are starting to merge and prove one another out. For various reasons there has been considerable foot dragging for decades to build on these new principles – but thanks in large part to the internet and a growing number of intrepid scientists that is changing rapidly now. We all constantly access the information in the Field, uploading or downloading information consciously and subconsciously. It sustains us and we sustain it. As our society becomes increasingly aware, not only of the existence of this phenomenon, but how to benefit from our symbiotic relationship to the Field, we will embark on a path of self-determinism beyond equal.

The current ingrained sense of lack and separation will gradually make way to an understanding of abundance and connection. This will completely change many aspects of civilization. The approaching breakdowns will be accompanied by just as many breakthroughs. As with all change it leads to transformation and is part of evolution.

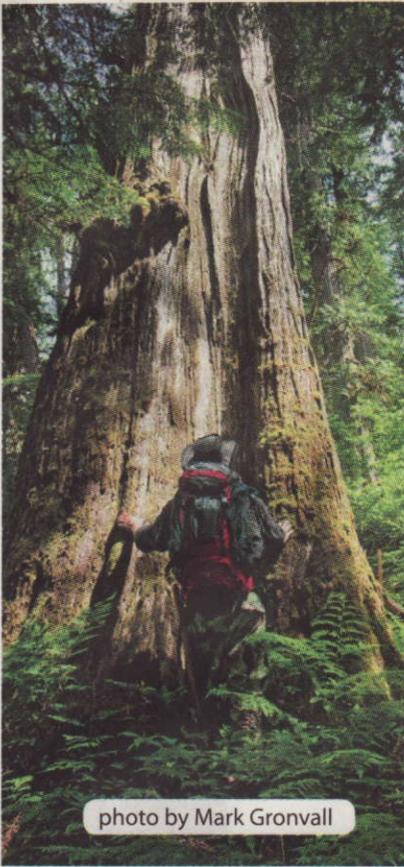
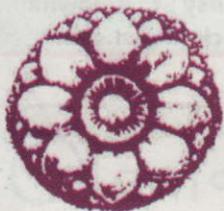


photo by Mark Gronvall

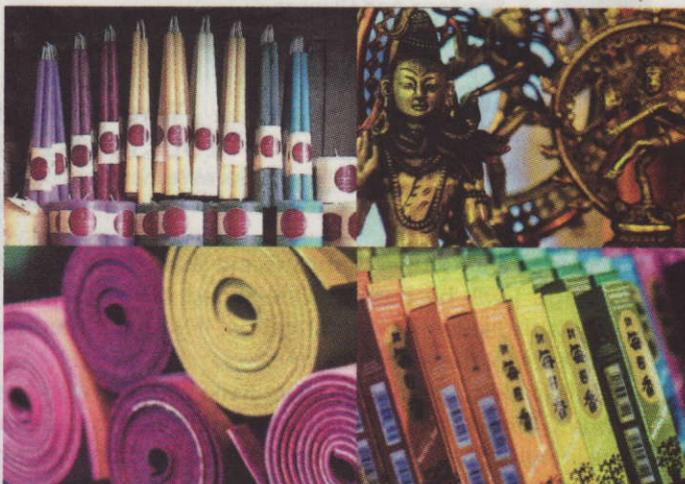


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Some people find this new paradigm self-evident but for many this stretches the imagination. Now, what do concepts of the interconnected universe supported by recent scientific theory have to do with the ancient rainforest in the Incomappleux River Valley? In my experience, I can only answer 'Everything!'

First some background: The Incomappleux River Valley lies in the heart of the only inland temperate rainforest in the world. The rainforest runs south from Prince George into Washington State and Idaho. It filters an estimated 1/3 of North America's fresh water and is home to rare forest and fauna and even newly discovered plant species found nowhere else on the planet. Some of the biggest and oldest trees in the Incomappleux have been dated to over 1500 years old, making them seedlings when the Roman Empire was ending. In the valley bottom Nature's grandest cathedral has patiently been assembling itself over centuries as photosynthesis has majestically created a gigantic tree canopy. The high moisture content on the valley floor has made forest fires virtually nonexistent. Trees live for a l-o-n-g time here! Walking beneath the natural sunshade imparts the visitor with a sense of grandeur and timelessness. It is a very, very special place.

Historically, and currently, our only value in this forest has been that of a logging farm. Approximately eighty percent of the valley floor in the Incomappleux Valley, as in many other valleys of the inland temperate rainforest, has been clear-cut. Gigantic slash piles are quiet mementos to the industrialization that took place in the recent past. Along with the disappearing old growth trees the local mountain caribou also vanished. Their buffet, consisting largely of lichens that hang off the lower limbs of old growth trees, has been discontinued in an abrupt and permanent fashion. Old growth trees obviously do not reappear over night; neither have the caribou.

On my first explorations into the remains of the ancient Incomappleux rainforest I was struck by an energetic 'Presence' in the forest. I was not alone. Others, upon entering the old growth, commented on this sentience as well. Shortly after my initial trips into the forest I found myself becoming interested in shamanism. This was a complete departure from my previous life interests: cars, the latest styles, and how to 'get ahead'

had been my top priorities. I was extremely skeptical when I started my basic training at Michael Harner's Foundation for Shamanic Studies. But, with time, my logical brain could not deny the existence of the other dimensions that were available to me and anyone else that chose to participate. The ability to access these other realms often provided tremendous insights to heal. For myself there were simply too many meaningful messages that I was able to pass on to others, often complete strangers, to be merely coincidental or repeatedly contrived. A host of other major life changes took place after my contact with the ancient forest. Though challenging at the time these changes were for my highest good long term - major job change, relationship change and a complete re-evaluation of my life's purpose. In retrospect this begs the question 'Why?' Is there really something divine in this forest? Is the Incomappleux a gateway into the other dimensions?'

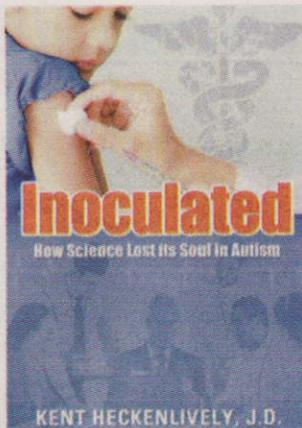
Access to higher wisdom, or 'Oneness' or 'the Connected Universe' or 'the Field' as previously described, can be established by anyone, anywhere, at anytime on the planet (and apparently outer space according to astronaut reports). However, there is something exceptionally conducive to connecting to this higher plane of existence when spending time in Nature. And, when you are surrounded by +1000-year old trees for any length of time this channel can open in a monumental and lasting fashion. Likely, the undisturbed and ancient energies that permeate this forest allow for quicker connection to the larger reality and thus ancient knowledge. When enough people practice connecting to the higher planes the whole planetary evolutionary field will uplift, enabling other velocities of existence to be introduced. Without a doubt there are countless beautiful natural places on the planet. But there is only one remaining pocket of ancient old growth rainforest in the Incomappleux River Valley. And to me, it is one of the most special places on earth.

If you would like to support protecting what remains of this ancient rainforest and the remnants of the local mountain caribou please visit www.vws.org.

INOCULATED

Kent Heckenlively J.D.

In the early 1980s the incidence of autism was about 1 in 10,000. Now, it is 1 in 45, and continuing to grow at an exponential pace. Dr Barry Segal founded *Focus on Autism* in 2009 because so many children were regressing following one or more of their infant vaccines. The Centers for Disease Control (CDC) continues to deny any relationship between autism and infant vaccines, despite the mountain of evidence supporting the theory. This book is a systematic effort to tell the entire story of vaccines and autism, starting with the 1986 National Childhood Vaccine Injury Act, a law which fundamentally changed the arrangement of legal checks and balances regarding vaccine safety. Kent got involved and I am glad he wrote this book.



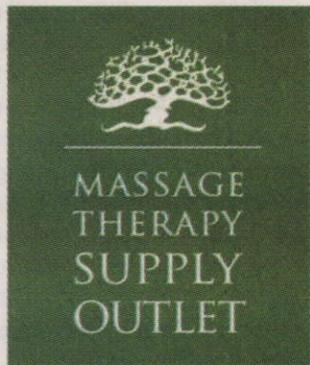
Redefining Regal

by Jada Tam

One year and a half ago my husband and I were leading a yoga retreat in the sacred valley of Peru. I had acquired a passion for studying indigenous cultures through retreats we had led in countries such as Africa, Indonesia and study abroad programs in Australia and New Zealand. What stood out for me so brilliantly clear when I submerged into the devotion shared for Pachamama (Earth Mother in Quechuan) in the sacred valley of Peru was this wholehearted communion with the earth element. The women at the farmers market the morning I was there were carrying bundles of abundant wild food and herbs down from the mountain and their local harvest to share. This sprawling display of exuberant faces, crimson rosy cheeks, eyebright gaze and the colorful supply of organic natural food spoke to me on a level different than before. I experienced the sacred connection and undying worship present in these women and people for the adoration of their land and their soil. I stood humbled and powerfully still as I took it all in with my eyes, my heart.

I craved the connection I could sense before me. At that moment I had *Redefined Regal* in my mind.

I grew up in New York and spent plenty of years in the performing arts industries and also the city of Las Vegas where I had lived for 15 years, pioneering a yoga dance movement and co creating an underground spirit inspired studio we called *Barefoot Sanctuary*. Although striving for sacred connection I was undoubtedly faced with the challenges of perhaps the most fantastic plastic city of the world. In time I grew like a serpent out of the old skin and re-birthed my innocence by traveling north with my husband and child to go find our land in the southern interior of BC. We did some deep listening and followed an intuitive calling. With a great leap of faith we settled in the Mabel Lake Valley to establish new roots where our dear friends Russ Collins and Huguette Allen (passionate environmental advocates) reside. Essentially we sought to team up with the wisdom seekers of the area and in 9 months time rooted into our land and developed a strong community based program for kids and adults that involve circus arts, yoga and African belly dance. These expressive art forms allowed us to connect and get to know our new community.



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My husband was a former Cirque du Soleil acrobat, an original cast member of the legendary Ka work of art on the Las Vegas strip. Together we performed and created a community fire that opened the way for all walks of life to access their sensual self through healthy communication and inspired movement. After a treasured 7 year cycle of keeping our studio alive, we followed the winds of change and have turned our attention to re-building Barefoot Sanctuary in the wilderness... or the gateway of the Monashee. We call our company Barefoot Sanctuary as we feel the first medicine we have found is the connection our bare feet share with stone, soil, earth. Standing barefoot on a rock, this is the first medicine.

We believe that the earth and our body are our greatest teachers. With this partnership we fully intend to *Redefine Regal*.

Join us on this journey of inner light, dynamic self healing and personal growth. We are holding high visions for co creating wisdom, earthly play and opportunities to go deeper with ourselves and the community we create together.



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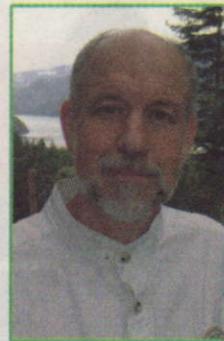
Your message, your voice!

The Cook's Corner

Vegetarian Recipes from the Johnson's Landing Retreat Center

Baked Apples are one of those easy to make but easy to overlook dessert recipes. Most people have the ingredients in their cupboard. Baked Apples are always best served hot out of the oven. If you like puddings, here is a simple Rice Pudding. It can be made with either white or brown rice, white is traditional. Once you have made it you can adjust the recipe by adding or subtracting ingredients or adjusting quantities to suit your taste.

Bon Appetit, *Richard*



Baked Apples (Serves 4)



Before cooking the apples.

Cooked Apples

Ingredients:

- 4 **Tart Apples** (like Granny Smith) with skins still on
- 1/4 cup **Walnuts**, chopped
- 1/4 cup **Brown Sugar**
- 1/4 cup **Raisins**
- 1/2 tsp **Cinnamon**
- 1/4 cup **Honey** -or- **Maple Syrup**
- 1/2 cup **Boiling Water**
- (Optional) 1 Tbs **Butter** -or- **Coconut Oil**

Directions:

- For 4 Baked Apples
- Wash the apples - prick the skins with a dinner fork
 - Cut the cores out with an apple corer or paring knife
 - Place each apple in a stainless steel or heat proof serving bowl -or- pack the four of them tightly together in a small baking dish
 - In a small mixing bowl mix the walnuts, sugar, raisins and cinnamon together and place 1 tablespoon of the dry mixture into each apple
 - pack the mixture with the handle of a dinner knife
 - Pour in one tablespoon of honey or maple syrup
 - Divide up the rest of the dry mix and pack it in
 - (Optional) place 1 tsp of butter -or- coconut oil on top of each filling and push it into the apple.
 - Put 1 T of water into each of the apple cups -or- in the bottom of the baking pan if you are using one.
 - Bake at 325 degrees for 30 minutes or until the apples looked soft and brown.
 - Serve WARM.

Utensils: • Apple Coring tool -or- Small paring knife • Small bowl • fork and dinner knife • 1/4 cup measuring cup • measuring spoons

Rice Pudding (Serves 8)



Ingredients:

- 3 cups **Regular Milk** -or- **Nut Milk**
- 3 **Eggs**
- 1/2 tsp **Salt**
- 1 Tbs **Nutmeg**
- 1/2 tsp **Vanilla**
- 3/4 cup **Sugar** -or- **Maple Syrup**
- 4 cups **Cooked White Rice**
- 3/4 cup **Raisins**
- 1/2 cup **Shredded Coconut**
- 1/2 cup **Almonds** sliced -or- chopped

Preparation:

- Preheat oven to 300 degrees
- Mix the eggs in a bowl.
 - Mix in the milk, sugar, vanilla, nutmeg & salt.
 - see Option below
 - Stir in the fruit and nuts
 - Pour mixture into greased baking pans
 - bake at 325 degrees for about 30 minutes until it is 'Firm'.

Suggestions:

- Option** - For **creamier pudding** use a blender on the rice mixture before adding the nuts and fruit.
- Yogurt** - You can substitute 1-1/2 cups of Vanilla Yogurt and 1-1/2 cups of water for the milk.

Utensils: Large mixing bowl • measuring spoons & cups • egg whisk -or- electric mixer • rubber spatula • 2 pie pans -or- app. 8" X 12" baking pan

SHINE WOMAN SHINE

by Marilyn J Puff

I love writing and for me it's putting my heart and my authentic self out there into the world, sometimes an intimidating world where you don't really know how or where it will land. Deadline quickly approaching, full blown procrastination, willingness and openness not doing the trick of getting the article to happen.

This process of exposing who I Am is an experience of deep trusting, trusting that somehow everything always works out, trusting that even though there seems to be roadblocks in every direction, something will open up if I believe it will. A few days left, trusting when I pull a card that says *Divine Timing is Always Present*, that this is the Truth. Trusting always that my feeling body is my guidance system, and it's telling me, I'm not settled, I'm not in the flow yet, there's some inner work to be done.

What I did discover was that the anxiety-producing, sleep-depriving emotions that arose, reminded me of other times when I wanted to step out and be seen. Those times when we need to dress for the party, show up at the workshop, the school or the family in-law's dinner, show up to a place where we want to be accepted, even when we are feeling unprepared, vulnerable or brilliantly messy.

It's that deep place of being perfectly human, wanting to belong and like Brene Brown says, having to let go of being accepted in order to be vulnerable and to show up regardless. It's risky to 'come as you are,' and not be able to make everyone happy or like you, but you are happier inside when you can stay true to yourself and who you are.

In this journey, we know it is so important for all of us to add our gifts to the world and shine. We can get there, reach out to friends and circles to talk it out, to work it out, what's going on, what are the blocks we carry? How do we move beyond them so they don't slow us down. It's healing to connect with others that care and be blessed with feeling deeply experienced and witnessed. It's exciting to know how important it is to feel good. It's reassuring knowing that we have generations of women behind us and in front of us, supporting us and loving us. I recommend gathering

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Phil & Cindy Levington

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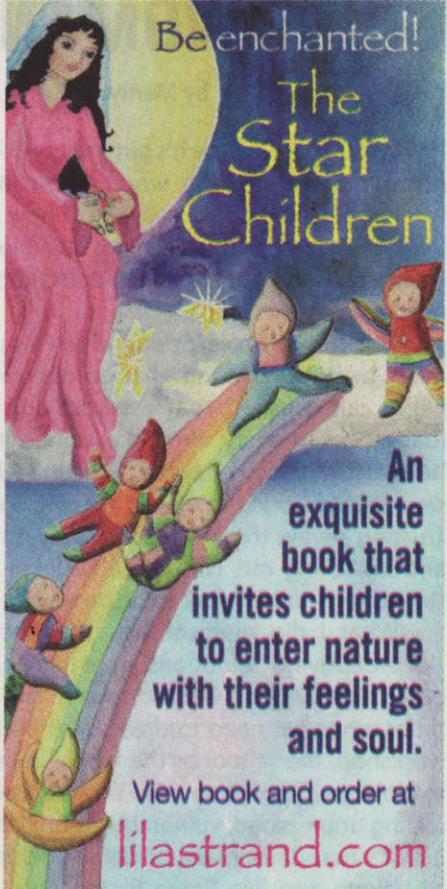
Paramahansa Yogananda's Guru, a Vedic Astrologer named Swami Shi Yukteswar said, "I use astrology to understand the Laws of Nature and the collective and individual trends of mankind. Astrology is a science and depends on the laws of nature to operate. This understanding gives the power to heal the issues plagued by mankind. Astrology was meant to give the secrets of the universe and that is the understanding of what self-realization is; which is to know oneself to understand everything in the Universe. It is all within us."

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Carole Davis is an International Vedic Astrologer and spends the majority of her time in Vancouver and Kelowna. see ad to the far right • www.caroledavisastrology.com



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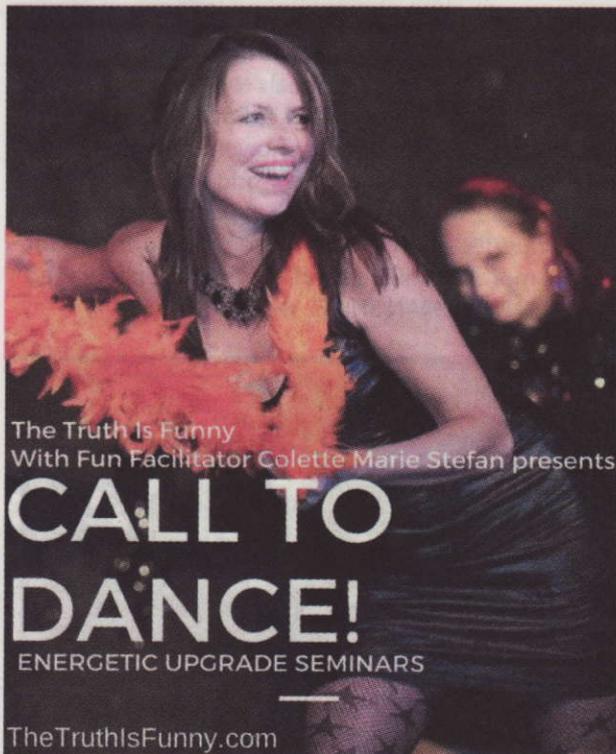
The Star Children

Our children need opportunities to open the doors to possibilities, to discover deeper feelings and states of wonder. This is often missing from our urban, materialistic, technology-based world.

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Do we ever think about what lies beyond, what lies deeper, what lies behind? What sings inaudibly? The Star Children is a magical door that can be read simply as a gentle and timeless tale of imagination or it can be understood as symbolic of deeper realities in our consciousness and our lives.

Every page has beautiful watercolour illustrations that can become a door to conversation, to understanding, remembrances, and connections.

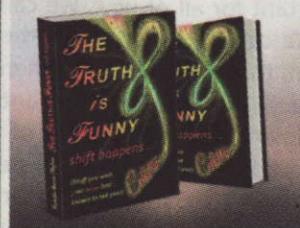


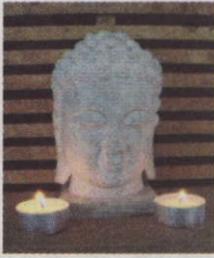
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This is also an opportunity for responsible people to become focalizers. See first hand what it takes to maintain our reasonable rates with a spiritual attitude. Work is Love in Action.

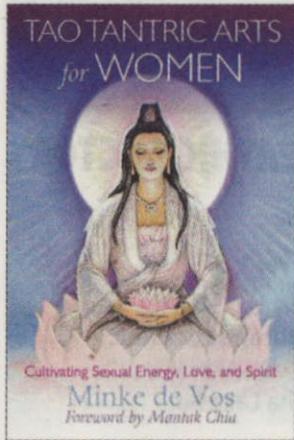


If you are ready for some first-hand experience operating a Retreat Center, cooking for large groups or growing a sustainable garden then **Contact us by phone 250-366-4402 or email.**



The Johnson's Landing Retreat Center includes over 17 acres of land, a five-bedroom Main Lodge with two kitchens, five cabins, a separate workshop building and bunk house, a new geodesic dome, two tree houses, two tipis, a six-sided meditation space, a deluxe solar shower, over 70 solar panels, a sauna, large garden and all accessories to run the place.

BC Authors Book Reviews with Angèle



TAO TANTRIC ARTS for WOMEN

*Cultivating Sexual Energy,
Love, and Spirit*

Minke de Vos
publisher

Inner Traditions Bear & Co.

This book is filled with health practices by a lady who has dedicated her life to understanding the Tao and how the five elements create all-that-is. She explains why the breathe and circulating our energy via subtle movements like the microcosmic orbit, yoga postures and QiGong practices are important. She has the keys to reclaiming our feminine powers. Minke even describes how to transform our ancestors negativity by dissolving the sticky glue and return to love and compassion so you can attract a mate who will support your evolution. She explains several kinds of massage that releases suppressed emotions and makes one feel loved. She describes many of the invisible cycles that rule our health as we learn to be more observant. The book is about helping ourselves using lots of illustrations and personal connections.

She will return to Johnson's Landing this summer if you have the time for a complete immersion. Otherwise buy the book and practice, practice, practice. Article on page 17.

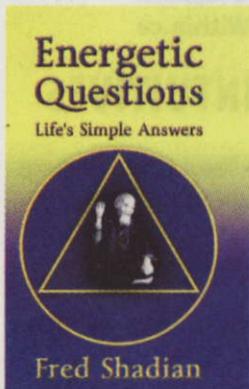
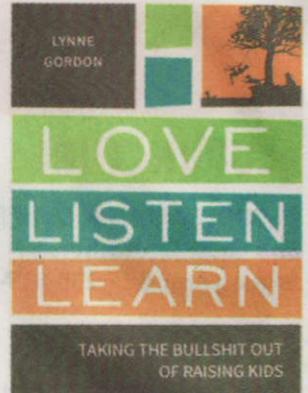
LOVE LISTEN LEARN

Taking the Bullshit out of
Raising Kids

Lynne Mündell • self-published

Excellent advice and she says it so well. Just love them, listen to them and you both learn. Living with honesty and treating all people, not just our children with respect, is the ultimate in helping ourselves awaken and grow into our purpose as we evolve. An ancient philosopher once said, We don't see them as they are, we see then as we are!

Lynnes book is a reflection of her lifetime of awakening herself, her children and now others. I like the fact she had an adopted child along with her 3 children and has the ability to put into words her observations, which I agree with. If we are born to a mom who does not trust her circumstances and gives away her baby, that feeling is lived out daily via the child's feelings of separation. Resonant relationships reveal our bonding to our original God, Mom and Dad. If you are ready to awaken... sees Lynne's ad on page 9 and sign up for some time in her presence, it is transformative.



Energetic Questions: Life's Simple Answers

Fred Shadian
self-published

Indeed he does answer many basic questions about life and since they resonated with my beliefs it was an

easy read. His answers are often channelled responses from the energetic grid of many masters starting with O'Sensei Morihei Ueshiba, the founder of Aikido.

An example is *What about drugs?* His simple answer is: Drugs are a waste of time and will derail you from your journey. Your spiritual path will lead you to the most powerful moments you will ever experience. Also be aware of everyday addictions such as coffee, sugar, alcohol, tobacco smoking or drifting, ie not staying on task and wasting time. Keep your body clean and vital. Valuable advice if you question the meaning of.....

The last part of this 100 page book is a 21 day challenge so you can change yourself and become a new YOU! If you want to meet Fred come to the Spring Festival of Awareness.

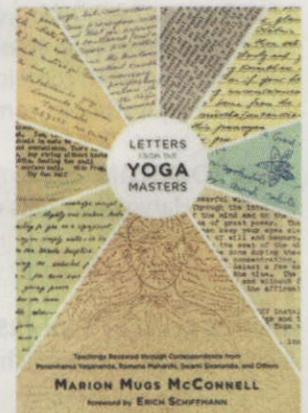
LETTERS from the YOGA Masters

Teachings revealed through correspondence from Paramhansa Yogananda, Ramana Maharshi, Swami Sivananda, and others

Marion (Mugs) McConnell
publisher North Atlantic Books

Reading the various pages reminded me of the old yogic books offering healing if you would do certain poses or practice. Many of these subtle practices seem lost in the West. Our generation wants 'it' now, not after 20 years of conscious breathing. Hari was a rare man who stuck with his intention of well-being and followed advice from the masters with devotion. It was a delight to follow his teachings via Mug's thoughtful comments and clarity.

Yoga history and theory is rich because of a variety of teachers and paths that shone the light of love, often for free to those who asked. If you want to be reminded why pranayama, mudras and a vegetarian diet is good for you, then find a copy of this sure-to-become-a-classic book.



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2. CHANGE CANADIAN MONETARY POLICY

ADOPT A PROSPEROUS MONETARY POLICY PLAN THAT BENEFITS CANADIANS BY
URGING THE GOVERNMENT TO UTILIZE 'THE NEW SOCIAL CONTRACT BETWEEN
THE GOVERNMENT AND PEOPLE OF CANADA' CBR IS PROPOSING

3. CONTINUE OUR PUBLIC OUTREACH

HOSTING FREE PUBLIC EVENTS AND RALLIES, INFORMING MAINSTREAM AND
ALTERNATIVE MEDIA ABOUT THE NEED FOR IMMEDIATE MONETARY REFORM

WHY DOES CANADA NEED BANK REFORM? by Paul Hellyer via this website www.canadianbankreformers.ca

We are drowning in debt and paying unnecessary interest. Between 1939 and 1974 our money creation policy enabled us to have access to large amounts of money at near zero cost through the Bank of Canada. This beneficial monetary policy got us out of the Great Depression, funded huge infrastructure projects, and financed a social security system that was the envy of many countries. In 1974 came a unilateral move with no public consultation that witnessed our banking

policy changed from accessing near debt-free money from the Bank of Canada to borrowing money from international private banks and paying high interest. Since 1974, Canadian taxpayers have paid over \$1.17 trillion in interest. If you would like to see this stopped please get educated and involved.

Paul Hellyer is 93 years old and became the Minister of National Defence in 1963 and has stayed involved in politics ever since. His tour across Canada last fall was a success.