

Spring Festival of Awareness

Naramata Centre

near Penticton

**April
25-27**

Adults \$150

Seniors/Young People \$125
if registered before March 20

Over 50 Workshops

Opening and Closing Ceremonies

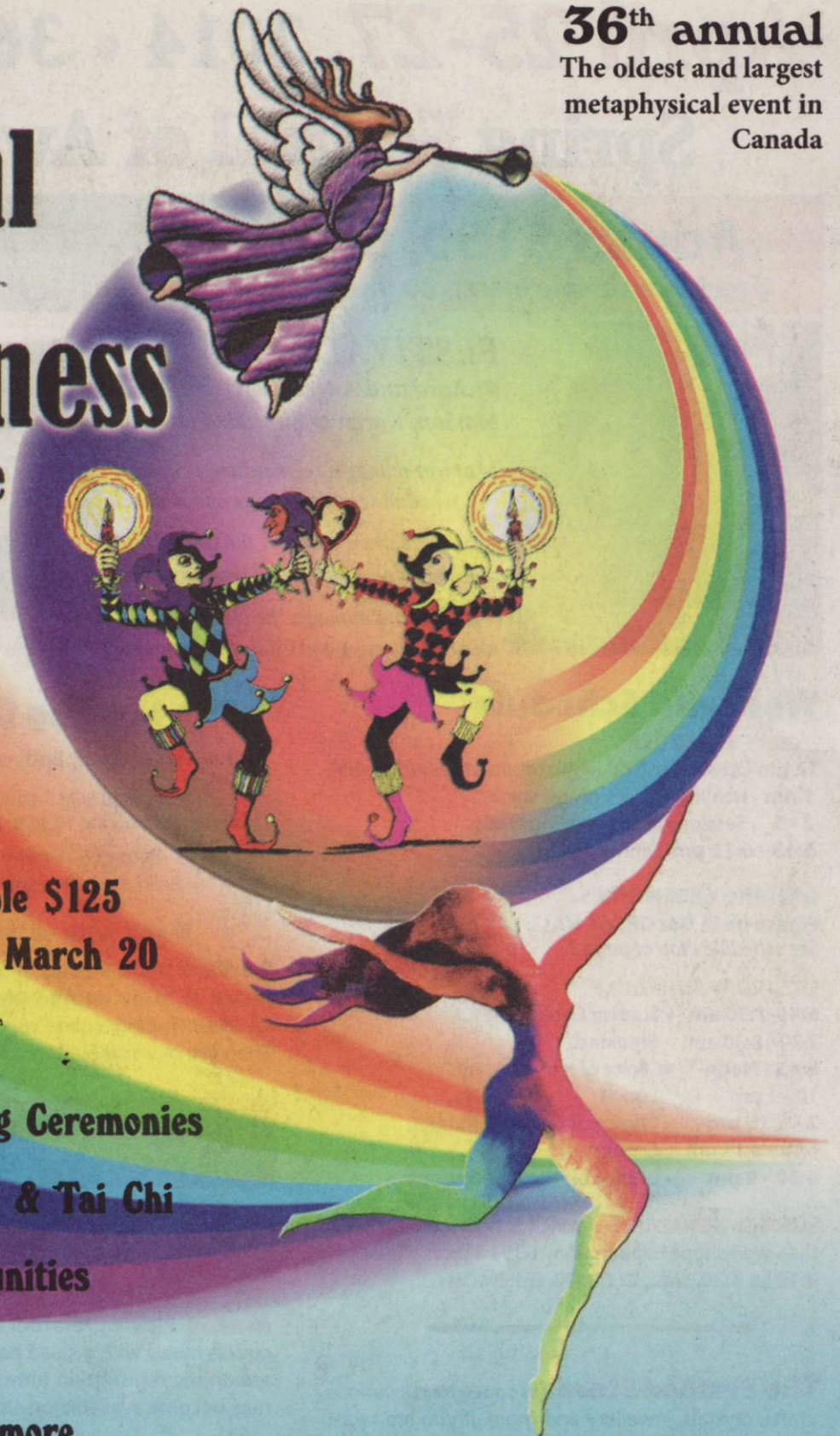
Sunrise Meditations & Tai Chi

Networking Opportunities

A Healing Oasis

A Festival Store & more

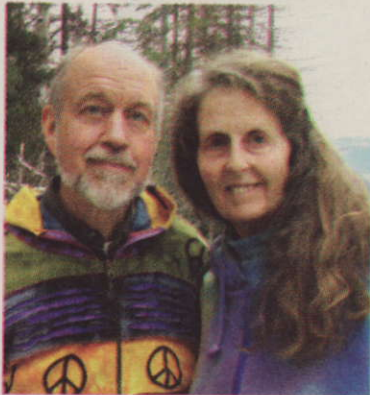
36th annual
The oldest and largest
metaphysical event in
Canada



www.issuesmagazine.net

April 25-27, 2014 • 36th Annual Spring Festival of Awareness

Adults \$150, Seniors/Young People \$125
if registered before March 20 plus meals and accommodations, **DETAILS PAGE 14.**



FESTIVAL TEAM

*Richard and Angele (left)
Marion, Karen & Sunnaira (right)*

Marion manages registration, store and scheduling of volunteers and healers.

Karen prepares the Great Hall, coordinates ceremonies and entertainment.

Sunnaira manages the Healing Oasis, assists in Opening and Closing Ceremonies.



Marion Karen Sunnaira

Weekend Schedule

FRIDAY SCHEDULE

- 12 pm** On-site Festival Registration at Columbia Hall
- 1 pm** Healing Oasis sign-up starts
- 2 - 5** Sessions in the Healing Oasis
- 5:15 - 6:15 pm** Dinner

OPENING CEREMONIES

Please be in the **GREAT HALL** at 7 pm
See schedule - top of page 3

SATURDAY SCHEDULE

- 6:45-7:30 am** • Sunrise Ceremonies
- 7:30 - 8:30 am** Breakfast
- 8:45 - Noon** • Choice of ten workshops
- 12 - 1 pm** Lunch
- 2 - 5:15 pm** • Choice of ten workshops
- 5:15 - 6:15 pm** Dinner
- 6:30 - 9 pm** • Choice of eight workshops

SUNDAY SCHEDULE - only 1.5 hours off for lunch then workshops happen from 1:30 - 4 pm.

4:10 to 4:30 pm... CLOSING CEREMONY.

The Festival Store has space to sell various crafts, crystals, jewellery and more. If you are registered as a participant, instructor or healer you can apply for space. Go to the website or ask Marion for details 250 497-6861. Items must be left in the store until it closes at 2 pm on Sunday. We deduct a 15% commission on items sold.

The Healing Oasis is in Lower McLaren Hall.

Intuitive Readings, Body-work, Energy-work, Reiki and more
Sign-up starts at 1 pm on Friday - Sessions are 2 to 5 pm
Saturday sessions are 10:30 to 9 pm & Sunday sessions 8:30 am to 3 pm
Rate of \$25 per half hour and \$40 per hour.
Reiki drop-in sessions all weekend, by donation.

If you wish to work in the Healing Oasis

We offer a trade: 6 hours of healing sessions for a weekend pass. please go to our website: **www.issuesmagazine.net** it has details including a page with *frequently asked questions*. Then call or email Marion.... Marion@issuesmagazine.net

**Phone Marion: 250-497-6861 for
Registration, Festival Store and Healing Oasis**

General questions call Angele 1-855-366-0038

Accommodation is on a first come basis. See page 14.

Meals Please pre-order by April 5 • Naramata Centre offers full course meals with a salad bar, beverages and desserts. Meal prices are on the registration form. If we have cancellations, a few meals may become available on-site.

Refreshment Stations provide organic herbal teas and fair trade coffee so please a **bring a travel mug**. Festival travel mugs can be purchased on-site.



Give-Away Table - Share valued items with another.

OPENING CEREMONIES

7 pm - Brenda White Dove will share a traditional drumming song than Alane Hadiya will share interactive and inspiring Sacred Circle and Sufi dances. ... for the next portion we get our chairs.
8:00 - Greeting from your hosts, then introduction of the 33 instructors.
9:30 pm - Uplifting sounds by Therese and friends using crystal bowls, gongs and more.

WORKSHOPS & WORKSHOP LEADERS

The workshop numbers correspond to the numbers on the overall schedule

Workshop #01 Saturday morning 3 hours

Dreamscapes

Dreams contain our own uniqueness and hold the seeds of creativity. Through hands-on writing exercises and inspirational tips, let Deanna help you turn your night visions into sparkling prose. *Bring your most dynamic dreams to work with.*

Workshop #02 Saturday evening 2.5 hours

Through the Looking Glass - The Craft of Memoir

Everyone has a story to tell and in this workshop learn how to step through the looking glass and view your life from fresh angles. You will learn some tricks to trigger memory and how to write an evocative scene, increasing your self awareness multi-fold. *Bring a photo from childhood and come prepared to write.*



DEANNA KAWATSKI
Celista, BC • 250 955 6308
www.deannakawatski.com

Deanna is the author of three memoirs including best-selling *Wilderness Mother* and *Clara and Me*, a Hubert Evans Award nominee as well as *Burning Man*, *Slaying Dragon*. She has also written a novel, *Stalking the Wild Heart*, a volume of poetry and numerous magazine articles and stories that have been anthologized. Over the past twenty years Deanna has given over ninety public readings and as many workshops.

Workshop #03 Saturday afternoon 3 hours

Dancing Heaven on Earth

In this danceshop you will share in the energies of Sacred Circle Dances and Dances of Universal Peace. There will be meditative, reflective moments between the dances to invite sacred listening. Doing these simple dances in a circle will invite us to remember... Where we come from, Who we are, Why we are here ... and to Celebrate it!



ALANE HADIYA
Lethbridge, AB • 403 380-0799

Alane started her training in 1990 with June Watts from England and in 1992 she started to lead the Sacred Circle Dances in Lethbridge. In 2002 she started attending the yearly Universal Dances of Peace Dance Camps near Nelson and in 2010 she took her teacher-training. She has a light, accepting, and inclusive approach to teaching dances. Her focused connection with the Sacred in movement invites others to do the same. Her day job is a speech-language pathologist, working with stroke patients.

Workshop #04 Saturday afternoon 3 hours

Your Passion, Your Business

Are you ready to create a business from your passion? Do you feel called to live and work with purpose? Are you looking for practical and ethical tools to build and maintain your successful practice?

Topics include: Marketing, Branding, Financials, Pitfalls, Competition, Social Media, Gaining and Maintaining clients and customers.

Do what you love – and love what you do.

Based on Kelly's book *Your Passion, Your Business*.



KELLY OSWALD
Whistler, BC • 604 905-0084
www.theoracle.ca

An entrepreneur since 1985, Kelly's careers encompass Marketing, Education, the Wellness Industry and more. She is a writer, business operator, consultant and teacher of personal and spiritual development. Her published works include *Living Peace, Your Passion, Your Business*, the *Buddha Nature Deck & Guidebook*, and *Be The Change Cards* (coauthored). She also gives back to the community and is a mentor for the Canadian Youth Business Foundation, sharing both her successes and failures to assist young people on their journey to entrepreneurship. She has been the driving force behind numerous fund-raising projects and sponsors some young women in Bali who deserve help.

Workshop #05 Sunday morning 3 hours

Living Peace

The objective of the Living Peace workshop is to offer you a chance to completely transform your life into one of calm and enduring equanimity. Not just during a blissful weekend in Naramata, but forever. Explore all aspects of what it means to be peaceful through specific practice geared to create a tranquil 'you'. It's time to take a break, and look after the things that you would like to change in yourself.

DR. SHARON FORREST

Surrey, BC • 604 385-1111
www.healingnow.com

A pioneer in the field of healing degenerative diseases for forty years, Sharon continues to prove that Energy Medicine is on its way to being the medicine of the future. A Doctor of Homeopathic and Naturopathic Medicine, Transformational Psychology and Clinical Hypnotherapy she also has an extensive background in Ancient Wisdom, Spiritual Alchemy, Hands-on Healing and Nutrition.

Sharon sponsors numerous programs for the underprivileged in Peru. She says, "Nurturing, educating, empowering and inspiring children is a positive investment that helps them reach their full potential."



Workshop #06 Saturday morning 3 hours

Complete Cellular Mind Body Alignment and Complete Cellular Soul Memory Clearing

An electromagnetic phenomena that you have to see to believe! Powerful and yet simple, it is claimed by researchers to be the most powerful 'Hands-On-Healing' technique today. Attend this experiential workshop and learn this amazing protocol in just a few hours!

Workshop #07 Saturday afternoon 3 hours

Ho'oponopono and Beyond

When you heal all relationships, including the one you have with yourself, your life transforms! You have to see it and experience it to believe it! This workshop will help heal relationships with your significant other, friends, parents, in-laws, children, business partners, bosses, employees, anyone...dead or alive. The amazing thing is, they don't have to be in the room for the healing to happen. It works!

MICHELLE MORRISON

Kamloops, BC • 250 682-8176
www.thebalancedsoul.com

Michelle is a Spiritual Consultant, Intuitive, Medium, Reiki Master Teacher, Shamanic Practitioner, Writer and Speaker. A lifelong clairvoyant medium who is passionate about working with people, supporting each person to see, feel and experience their greatness. With her authentic and engaging nature, Michelle will have you laughing and feeling empowered as you connect to your higher self, intuition and the Divine as you awaken your true power and elevate your Spirit.



Workshop #08 Saturday afternoon 3 hours

Mapping the Blueprint of the Soul

Just as a little seed contains all of the information to grow into a huge tree, you contain a blueprint filled with much information, potential and possibilities. Your blueprint is like a map of your soul, or the real you. What is your purpose for being? What did you come here to do? Get in tune with your own unique blueprint, the ways in which you personally thrive as these are exciting times. Time to grow and expand as you learn to honor the real you!

Workshop # 09 Sunday afternoon 2.5 hours

Animal Totems and Power Animals

We all have animal totems, and power animals are with us at all times. They are one of the first things I see in a person's energy field and provide much information about the kind of energy that is supporting you at any given moment. Come and learn about your animal totem and what it says about you! Then learn how to read the energy of others. We will spend some time in meditation, but overall this will be a lively class as we experience the 'Spiritual Zoo' of animals!

NATALIA KAWATSKI

Whistler, BC • 604 905-0084
www.theoracle.ca/psychic-readings

Natalia is an internationally-collected visual artist and a professional psychic intuitive practising at The Oracle in Whistler. Her creative workshops typically blend spirit with matter, helping students to connect to their center and express from the heart. She is a Reiki Master in the Usui lineage, a graduate of the West Coast School of Mystic Arts, and is artistically represented by Gimpel Fine Art in Los Angeles.



Workshop #10 Sunday morning 3 hours

Motivational Mandala Painting

In a simple, guided process, focus your goals into a colourful creation. Connect to your inner wisdom through meditation and unleash your inspiration. Bring your vision forth into form through the sacred process of mandala painting, a unique design to motivate you daily. No previous experience required. All materials provided.

SUNRISE CEREMONIES with Natalia: BOTH mornings at 6:45 am in the LOWER ALBERTA HALL.
Healing Circle Meditation • Clear, energize, and connect to radiate love to other beings, issues, and the earth.

Workshop # 11 Saturday evening 2.5 hours

Hypnosis in Today's World

Are hypnotic techniques and subliminal activities used in today's world to interfere with perception? Suddenly you have an idea or get a feeling, but when you take a quiet look within, you ask yourself, "Is that point of view really me?" Join my workshop and get the inside scoop on how receptive our MINDS have been made. This interactive workshop might be an 'ah-ha' moment...which simply means stepping out of societies programming and vibrating at a higher frequency.



DETLEF JOE FRIEDE

Parksville, BC • 250 248-9297

www.canadianhypnotherapyassociation.ca

www.gobc.ca/joefriede

Detlef Joe Friede (MCH) is a certified Master Clinical Hypnotherapist and President of the Cdn Hypnotherapy Association. He started studying Hypnosis in his early 20's and used these techniques combined with his gifts of clairvoyance and clairaudience to make his way through to a Senior German Health Government official. Being guided from Source, he came to Canada many years ago, and after intense studies with Dr. Sharon Forrest, he has stepped forward to teach and share knowledge. He is founder of the *Oceanside Art of Hypnosis and Energy Healing Education Centre*.

Workshop # 12 Sunday afternoon 2.5 hours

Hypnosis and Energy Channeling

During this interactive and hands-on workshop, Joe is able to facilitate and demonstrate energetic surgeries, where the mind is decoded so the emotions can be regressed. When the client is ready to heal, there is no limitation. The old framework is fading as we move into the fifth dimension. Witness how using the state of trance and energy channeling as a combo works!

Workshop #13 Sunday morning 3 hours

The Wounded Healer

An experiential, empowering workshop that will transform old wounds into healing tools. All exercises will take place in a safe environment that encourages personal growth and hopefully some amazing breakthroughs. We will start with a brief explanation of *Chiron and the Wounded Healer* followed by transcending the *Dark Night of the Soul*. Time to learn how we can transform our wounds into gifts.



ANA MARTINEZ

Vancouver, BC • 604 652-1226

Ana has been Dr. Sharon Forrest's assistant for over three years. She felt like she was in a dark hole and there was no way out. She has transformed herself, and is now an inspiration for others, an example of how one can transcend extreme poverty, deprivation and violence. As an Intuitive Energy practitioner she uses a uniquely customized blend of different results-oriented techniques. As well, Ana tunes into the energy of the group and channels profound wisdom that empowers them to break through old limitations.

Workshop #14 Saturday morning 3 hours

Stone People Medicine

From cliff dwellings to diamonds, man has surrounded himself with stones since the beginning of time. Stones, the original material of our Mother Earth, carry knowledge of the universe, available for the taking for those willing to learn, listen and put into practice that information. As powerful as the mind is, it is worthless without knowledge and guidance.

A book will be available for purchase and please bring along 10 stones and your medicine pouch.



CLAUDIA BUSCH

Kaleden, BC • 778 515-2654

www.bodyandsoulfoodinbc.ca

Along my travels around the world I have met many Elders, attended sweat lodges, a naming ceremony, learned about plants for healing and animal messages. My gratitude goes to Sunnaira and Karen for passing on the ways of the Earthkeeper and to the late Manny Twofeathers, the originator of the Stone People Medicine.

Claudia is working in the Healing Oasis for 3 hours.

Workshop # 15 Sunday morning 3 hours

Body/Soul Sound

We use the droning tones of crystal singing bowls, arranged in musical fifth intervals, to bring ease and peace in our bodies and our souls. Bowl players and toning singing voices are welcome.

Bring your blankie and water bottle.



THERESE LaFORGE

Kamloops, BC • 778 471-5598

Therese has been playing crystal and alchemic bowls for over twenty years. She combines these sound skills with several energy modalities, namely Theta healing, Bodytalk, EFT/TFT, Tappas, and Access Consciousness. Therese co-facilitates monthly sound events in Vernon and Armstrong, and leads Full and New Moon events in Kamloops.

SUNRISE CEREMONIES with Therese: SUNDAY morning 6:45 am in the NORTH WING.

A CRYSTAL BOWLS SOUND BATH • Bring your blanket to hear restorative and nurturing tones for your soul.

VIRGINIA PRESTON
Kelowna, BC • 250 300-9642
<http://about.me/virginia.preston>

Virginia is an Okanagan-based Tantric Yoga and Meditation teacher and a Western-trained therapist. She has trained both in Canada and internationally. Tantra has been a revolution in her life and it's with gratitude, enthusiasm and love that she shares the transformative, healing and awakening potential of this sacred approach to intimacy.



Workshop #16 Saturday afternoon 3 hours

Workshop #17 Sunday afternoon 2.5 hours

The Art of Tantric Intimacy

Tantra is a spiritual practice in which all aspects of earthly life, including sexuality and relationship, can be a path to awakening. This workshop will explore the magic and mystery of sacred intimacy and offer practical experiential tools to deepen any relationship.

PETER McALLISTER
Kaslo, BC • 250 353-3123

Peter has been teaching and growing culinary and medicinal mushrooms indoors and outdoors, using low-tech organic methods in the West Kootenays for over twenty years. His passion for mushrooms has led him into feasting, fermenting, dyeing, splicing, photographing, researching, felting, gardening, wild crafting, spawning, brewing, and philosophizing about all things Fungi.



Workshop #18 Saturday morning 3 hours

Evolutionary Mushrooms

Together we will explore the co-evolutionary journey of mushrooms, for they are ancient, massive and have a complex intelligence that radiates and exemplifies awareness. Both sessions intend wonder and appreciation of the mushroom life-style as we learn to incorporate this wisdom and success into us humans. Peter will take a walk around Naramata searching for mushrooms, kinds you never knew existed.

Workshop #19 Sunday afternoon 2.5 hours

Fermenting Foods

Learn the principles behind sourdoughs, yogurts, sauerkraut, miso, tempeh, Kombucha and other fermented products. We will make and taste a few of them.

MARIE-JEANNE FENTON
Kelowna, BC • 250 317-2745
www.thehealthartist.com

Marie-Jeanne is a Certified Biofeedback Technician and Healing Arts Practitioner, Oneness Blessing Giver and an Ordained Wedding Officiant. Her thesis on *The Power of Forgiveness*, earned her a Master's Degree in Metaphysical Science, and she is writing for her Ph.D., specializing in metaphysical parapsychology. Expect beautiful music and a metaphysical journey in her workshops. Bring what you need to rest.



Workshop #20 Saturday morning 3 hours

Why People Don't Heal

To animate radical healing we must forgive ourselves and others, let go of past hurts, and get out of the low frequency of Guilt, Blame and Regret. Be prepared to move beyond sympathy and release the victim archetype using advanced forgiveness concepts.

Workshop #21 Sunday afternoon 2.5 hours

Evidence of the Afterlife

Ever wondered what's 'next?' Is there a heavenly place? Learn what we do in our 'life-in-between-lives,' as revealed by studies of past-lives, out-of-body and near-death experiences. Journey to meet your loving soul guide to the beyond.

SHALAN POZER
Vernon, BC • 780 740-3127

Shalan is a Red Seal Chef with a passion for nutrition. She has traveled the globe hungry (literally) for the culture in food and discovered along the way that beyond pleasure, food gives the body the tools it needs to sustain and heal itself. After completing her training to become a yoga teacher last year, Shalan began learning all she could about medicinal meal creation. She's on fire to share her delicious findings. Bring an open heart and an empty stomach!



Workshop #22 Sunday morning 3 hours

Gourmet Foods that Heal

Learn first what makes these noble foods 'super', and why it's necessary to integrate them into our diet. Enjoy food alchemy as you behold a simple yet gourmet approach, with a delicious and nutritionally super-charged outcome. All recipes and nutritional info will be available for you to take home.

SUNRISE CEREMONIES with Shalan: BOTH mornings at 6:45 am in the SOUTH WING.

Morning Ritual for Your Whole Body: We'll start with a liver tonic, then some deep breathing techniques and light stretching.

Workshop # 23 Saturday morning 3 hours

Healing the Goddess Wound

Based on Laurie's new book, we will embark on a journey to meet the eight Greek goddesses. Each provides a life lesson in a chapter of our psyches. You may discover your soul type, the one with whom you feel most aligned. If we learn to sense their presence, we can become more conscious while working with them.

Workshop # 24 Sunday morning 3 hours

Prairie Deva Flower Essences

Laurie and Robert have created 40 flower essences from the Canadian prairies' wild spaces. Flower essences may help with issues like enhancing your creativity and productivity and protecting your personal boundaries. They will share how to make a flower essence, but first you need to learn about their properties, plant signatures and subtle energies.

Workshop # 25 Saturday afternoon 3 hours

Medicinal Mushrooms of Western Canada

Robert will discuss a variety of medicinal mushrooms, and their uses for optimal health and the treatment of various chronic conditions including diabetes, cancer, Alzheimer's disease, chronic fatigue syndrome, cardiovascular, respiratory, and auto-immune conditions. He will describe collection, preparation and dosage for wild crafted mushrooms, and provide unique insight into their usage based on 18 years of clinical practice. Robert is author of *The Fungal Pharmacy: The Complete Guide to Medicinal Mushrooms and Lichens of North America*.



LAURIE SZOTT-ROGERS

Edmonton, AB • 780 433-7882
www.northernstarcollege.com

Laurie is a director of Earth Spirit Medicine and Intuitive Counseling at The Northern Star College. Her specialties are aromatherapy, goddess mythology, dream work and flower essences. Laurie and her husband Robert are owners of Scents of Wonder, an aromatherapy company, where Laurie has created blends and potions for over two decades. Laurie has written *The Path of the Devas* in 2006, *Healing the Goddess Wound* in 2012 along with her *Oracle Cards* in 2013.

ROBERT ROGERS

Edmonton, AB • 780 433-7882
www.selfhealdistributing.com

Robert has been an herbalist for over forty years. He has a Bachelor of Science from the U of A, where he is an assistant clinical professor in Family Medicine. He teaches plant medicine, including herbology and flower essences at Grant MacEwan University, as well as Earth Spirit Medicine at the Northern Star College. He is a Fellow of the International College of Nutrition, chair of the medicinal mushroom committee of the North American Mycological Association. He cohosts The Alberta Herb Gathering every second year.



Workshop #26 Saturday morning 3 hours

Soul Play

Self-sabotage? Sub-personality? What are these and how can we change them? With the Archangels' help you will meet your Soul Self. In meditation, with love and intention you will learn how to transform parts of your personality that resist your path to freedom. As we gain more tools, our lives shift.



BERNICE GRANGER

Penticton, BC • 250 492-6093

Bernice worked as a Medical Technologist until she decided her spiritual growth was more important. While concentrating on her personal growth, she added to her formal education a Bachelor's Degree in Metaphysics, Angel Empowerment Practitioner, and Munay-Ki Earth-keeper. Her passion is sharing her experience and wisdom to empower others.

Workshop #27 Saturday morning 3 hours

Journey Back from Our Head to Our Heart

If you are dealing with depression, health or relationship issues, addictions, loss of 'loved ones', low self-esteem, or simply feeling a desire to feel more connected to your heart and others, please join us as we laugh, cry, and share our feelings together.



BROCK TULLY

Vancouver, BC • 604 687-1099
www.brocktully.com

Brock is now author of nine books, including the just released *The Great Gift....for someone special*.

Brock did three epic bicycle trips (46,000 km) around North America to raise awareness for a KINDER world; he was the producer of the World Kindness Concert, and is co-founder of Kindness Rocks and the Kindness Foundation of Canada.

SUNRISE CEREMONIES with Brock, SUNDAY morning ONLY at 6:45 am in the SESSIONS ROOM.

Celebrate Kindness • Share a story of kindness that has touched your heart!

JILL DANIELS

Vancouver, BC • 604 619-8907

www.jilldaniels.accessconsciousness.com

Jill has a background as an RN and Alternative Health practitioner. She is honored to share the tools, techniques and processes of Access Consciousness™ as a certified facilitator since 2011. Her speaking engagements and classes are fun, interactive and life-changing. Jill invites you to join her and discover for yourself what else is possible.



Jill is working in the Healing Oasis for 3 hours.

Workshop #28 Saturday morning 3 hours

Access Consciousness™ • Choice & Possibilities

What would it be like to have more ease with money, work, relationships and your body? Learn simple tools to undo the programming that can keep you locked up. Through the art of asking questions and use of a dynamic Verbal Clearing Statement, we can erase all self-defeating thoughts and beliefs. Experience a gentle hands-on body process called *The Bars™* that takes you into a deep Theta state, undoing years of limitations while opening you up to receiving what you truly desire.

KERRY PALFRAMAN

Summerland, BC • 250 494-8955

www.indigowisdom.ca

A registered nurse by profession, Kerry began delving into the world of alternative, holistic and esoteric studies after being diagnosed with a life-threatening illness that conventional medicine was unable to treat effectively. She continues to contradict and confound conventional medical wisdom by her reliance upon, understanding of, and application of ancient teachings, alternative and esoteric means.



Workshop #29 Saturday afternoon 3 hours

A Chat With Spirit – Channelled Messages from Your Angels, Guides and Higher-Self

Bring your personal or worldly questions to class where Kerry will help connect you with your Higher-Self, Angels and Spirit Guides. They want to be felt, it is just a matter of tuning in. If you want to connect with a loved-one that has passed over, Kerry may have answers to the questions you have.

Workshop #30 Sunday morning 3 hours

Dreams and Messages from your Higher-Self

Dreams tell you who you are but your Higher-Self, Guides, Angels and Your Creator actually send you more guidance during the day than at night! Learn how to easily recognize and understand these daily and nightly messages as a whole new level of reality is revealed.

BRENDA WHITE DOVE

Lake Country, BC • 250 766 2998

A Turtle Clan Eagle Warrior and Sundancer who shares the teachings of Truth and Love. We are brought into the world to live in peace and harmony. She is a traditional healer/medium who uses Reiki and various Shamanic teachings. She brings her ancestors to meet with your ancestors so change and healing can be guided by spirit.



Brenda White Dove is working in the Healing Oasis for 3 hours.

Workshop # 31 Saturday evening 2.5 hours

Drumming and Songs

The heartbeat of the drum is the heartbeat of the people. Drums are the oldest instruments and their vibration helps us tune into the natural frequency of the earth. The drum combines animal and plant life to make an instrument that rings not only through the air, but across time. All the elements of Nature are used in the creation of the drum, representing the circle of life in all its aspects. Our songs hold the stories of our past and the vibrations for our future. The drum is the instrument that we use to connect with our ancestors as we call on them for guidance in practicing our indigenous ways of life.

Please bring your hand drum and rattles and be prepared to sing.

HAJIME NAKA

Kelowna, BC • 250 762-5982

'Ph.Qi' is a Master of Relaxation and Qi-play. Hajime has been healing, empowering, and liberating society one cell at a time for thirty years and counting. He was a double gold medalist at the Canadian Chinese Martial Arts Championships in 1999.



Workshop #32 Sunday morning 3 hours

Moving into Wholeness

Qigong-Tai Chi will guide you back to your naturally aligned, centered and balanced state by quieting the mind and listening to the wisdom of the body. You will experience your body, heart-mind and spirit moving into wholeness. You will feel rejuvenated and relaxed.

SUNRISE CEREMONIES with Hajime: BOTH mornings at 6:45 am in the GREAT HALL.

QI GONG - TAI CHI • Start your day in harmony with nature and you will have a Qi-full day.

Workshop # 33 Saturday afternoon 3 hours

What the Bleep is Energy Medicine?

An introduction to the field of Energy Medicine and how you can use it to take charge of your own health by awakening your bodily energy system. We'll go through the daily energy routine, as taught by Donna Eden, that takes 5 to 10 minutes, and will make a real difference in how comfortable and vital you are.

Workshop # 34 Sunday afternoon 2.5 hours

Further Along the Path of Energy

Follow up your introduction to Eden Energy Medicine with more simple ways to combat stress through the use of your body's NINE energy systems. Learn to dialogue effectively with your body with energy testing and exercises that allow you to "speak directly to your body's wisdom."



PATRICIA CLAPP
Nelson, BC • 250 825-4599
www.innersource.net

Patricia has studied intensively with Donna Eden and is a graduate of the two year certificate in Eden Energy Medicine. Before that she taught school and was an educational administrator, yet always maintained an active interest in alternative healing. She found her life work in Eden Energy Medicine; combining traditional wisdom with cutting-edge studies in epigenetics and quantum physics.

Workshop #35 Saturday evening 2.5 hours

Manifesting What You Want

So often you read a book which states steps 1 to 5 to manifest what you want. Unfortunately, there is more to it than that. Learn some of the 'secrets' of manifesting, and how you can go about getting what you want. Bring pen and paper and an open mind in order to manifest what you want.

Workshop #36 Sunday morning 3 hours

Past Life Regression

Hear how important Past Lives are in relation to your life now. Visit at least one or two past lives and transform your blocks so your life today can be much more enjoyable.



NORMA COWIE
Penticton, BC • 250 490-0654
www.normacowie.com

Norma Cowie has been a student of metaphysics for over 40 years. As a working psychic consultant, coach and teacher, Norma utilizes all her knowledge in everything she does. She is the author of eight books, CDs and DVDs. Her workshops are always informative and interesting.

Workshop # 37 Saturday evening 2.5 hours

A Visualization for Healing

I will systematically go through the physical processes that make up the body, to enhance healing and create openings for miracles to happen in life. You can drift off to sleep or contemplate my voice while I speak, either way the soul will hear. My intention is to bring a new dimension of awareness to your body, mind and spirit.

Kalawna is working in the Healing Oasis for 3 hours.



KALAWNA BIGGS
Roberts Creek, BC • 604 886-3536
www.kalawna.com

Kalawna is an hereditary Psychic, Spiritual Healer and a Master Hypnotherapist who has worked in her field professionally for over 26 years. She connects individuals back to their soul purpose and holds a space for spiritual awakening.

Workshop #38 Saturday evening 2.5 hours

Sirius Film Documentary

In 2012, Dr. Steven Greer received a message in meditation from extra-terrestrials, giving him one year to take action. He completed the Sirius film documentary which was released in April 2013. It is the first report of the Atacama humanoid, a six inch corpse found in the desert of Chile. In addition, he has released new witness testimonies collected over 15 years and available on his website www.siriusdisclosure.com. All of my contact with ETs has been positive and I invite you to share the experience I have already shared with 650 other people.

ET Skywatch • Everyone welcome

FRIDAY 10 to 11:30 pm • Saturday 9 to 11:30 pm • Meet at the Beach

We will contact extraterrestrials using the protocols developed by Dr. Steven Greer.
Bring a chair and sleeping bag to ensure that you are warm enough.



DEBORAH WARREN
Vernon, BC • 250 503-1313
www.ocseti.org

I joined CSETI (Center for the Study of Extra Terrestrial Intelligence) in 1999 in Vancouver and have attended eight CSETI "Ambassador to the Universe" trainings. I have been assisting ET Contact groups in the Okanagan / Shuswap, teach Computer Science at the college level and offer a number of shaman journey workshops, drawing on the work of anthropologist Hank Wesselman.

ERIN PARSLEY

Kaslo, BC and San Francisco, CA
www.erinparsley.com • 888 342-3258

Erin is a Dance Artist, Poet, Speaker, Transformational Facilitator and Creator of Life Dance and Luminosity. She has been a featured performer, speaker and leader for movements such as *One Billion Rising* and *100,000 Poets for Change*, and her writing and poems have been published in magazines, journals and e-books. Her greatest joy is in guiding others to discover their own luminous essence, and let life dance through them!



Workshop #39 Saturday evening 2.5 hours
Workshop #40 Sunday afternoon 2.5 hours

The Life Dance Experience

Discover the creative, passionate gift that you are and flow into harmony with your body, through a transformative experience, interweaving movement as meditation, joyful self-reflection and sacred expression. Discover your self-love, value and worthiness, as you realize the innocent, infinite YOU that is untouched by any life experience. Your ESSENCE is perfect. Your spirit is BEAUTY. Tap into your true freedom and let Life Dance Through You!

COLETTE MARIE STEFAN

Kelowna, BC • 250 764-8998
www.thetruthisfunny.com

Colette is an accomplished speaker, author and artist. She provides an opportunity for others to experience instant relief through energetic shifting at demonstrations, webinars and teleconferences world-wide, sharing inclusive information for empowerment. She has been featured as a guest on several radio shows and tele-summits and now hosts her own radio show *The Truth Is Funny... Shift Happens*.



Workshop #41 Saturday afternoon 3 hours

Be Irresistible

Everybody communicates sub-consciously and intuitively whether we are aware of it or not. Put your best foot forward and you will be irresistible in attracting and living your authentic desires through the art of intuitive body language.

Workshop #42 Sunday afternoon 2.5 hours

E = mc² - Everything is Energy

Energy can be described as vibration or frequency and it exists throughout nature and the universe. A basic understanding of this structure is fundamental so you can understand the influences and causes for disease of the body, mind and spirit that are unique to each individual.

FRANCES MURPHY

Penticton, BC • 250 492-6442

My spiritual healing process has been mentored by many women, one in particular, Gwen, who often requested the sound of my voice to assist in the healing process for myself and others. My promise to her, just before she transitioned, was to step forward and offer wisdom from my own psyche. *Frances is the one who creates the instructors badges.*



Workshop #43 Saturday evening 2.5 hours

Story and Song

We all have our stories. Come prepared with a five minute story to share about yourself. Or come to listen. ... And then let's join together in song.

DAWN BOYS

West Kelowna, BC • 250 448-6342
www.DawnBoysYoga.com

Dawn has been a personal trainer, group fitness and yoga teacher with 25 years' experience. She leads classes in an ancient, nature-based system called Ayurveda, where we see ourselves by our constitutional makeup and have more of a personal relationship with our health. She shares her experience leading therapeutic yoga classes, as well as trauma-based yoga, and teaching in addiction recovery centres. *Dawn provides the massage-grade altar-candles decorating the Great Hall and will have them in the store for sale.*



Workshop #44 Saturday afternoon 3 hours

Introduction to Ayurveda: Yoga's sister science

Learn about Ayurveda, its history, philosophy and relationship to yoga. Then take the dosha test to determine your constitution. Learn the dosha qualities and what happens in the disease processes. We will talk about the seasonal effects, physical activity, mindful consumption and some daily routines to help keep you in balance.

SUNRISE CEREMONIES with Dawn: BOTH mornings at 6:45 am in the GREAT HALL.

YOGA • Start your day with an easy stretch yoga class that has the flavour of nature.

Workshop #45 Sunday morning 3 hours

White Lioness Feng Shui

Money Problems? Lonely? Family dynamic issues? Health problems? Creative blocks? Just Curious? Learn about this adaptable, eclectic, and harmonizing adaptation of Feng Shui. Embracing and balancing energy provides tranquility within our living and working environments. Learn how to increase the flow of energy in stagnant areas of your life.



JENNIFER INNES

Penticton, BC • 250 462-1466

<http://whitelionessdarktowe.wix.com/whitelioness>

I have been intensely studying, applying and adapting Feng Shui knowledge for nearly 15 years, other metaphysical topics for as long as 30. I study and teach a wide variety of Metaphysical topics and integrate each into specialized readings, healings and teachings.

Jennifer is working in the Healing Oasis for 3 hours.

Workshop #46 Saturday morning 3 hours

Mutuality in our Relationships

As human beings our longing is to be seen, heard and understood. Were you brought up to believe, "men don't cry and women don't get angry?" Men find great release when they give themselves permission to cry. Women are empowered when they explore healthy expression of their anger. Let's look at the beliefs and attitudes that encourage or inhibit 'Mutuality in our Relationships.'



RICHARD KNOX

Vaseaux Lake, BC • 250 497-6797

Richard has a master's degree in clinical and counseling psychology, and is a twenty-three year student of comparative religion practice. He is an ongoing student in a A Course in Miracles, Modern Spiritual Psychotherapy, Transformational Psychology, and the group process, as he enjoys the Human Potential arena.

Richard is working in the Healing Oasis for 3 hours.

Workshop #47 Saturday & Sunday morning 3 hours

Usui Reiki • Level 1 Certificate Course

Six hours is mandatory to receive a First Degree Practitioner Certificate. Iris is looking for committed students who want to learn the history of Reiki, the code of ethics, techniques, hand positions and learn to give a treatment to yourself and others. This experiential learning class will focus on centering, grounding, balancing, and feeling the intention within energy fields. You will receive an attunement or energy transfer given individually to each student by the teacher. Iris's classes are safe, life changing, informative. Reiki energy healing brings one back to their natural state of grace.



IRIS YOUNGBERG

Vernon, BC • 250 542-2468

My introduction to Reiki was in a class of 23 students. I was so bathed in the beauty, so changed by the energy with that first attunement that I floated for a week. I knew I wanted to teach people this wonderful energy healing technique, but it wasn't easy and certainly was not learned overnight. For three and a half years I apprenticed with my teacher and in 1994 I received my Master/Teacher Certificate and constantly feel the awe in every class.

Karen and Sunnaira are part of the crew and offer a Labyrinth walk and Smudging

Rev. KAREN COOGAN
Penticton, BC • 250 770-1166

Karen offers insight and clarity from an awareness of the higher realms and our universal states of being, helping release fear-based beliefs to liberate, empower, and live more fully. She has a passion for the singing crystal bowls, creating inspirational meditative experiences through her intuitive playing and singing.



SUNNAIRA ARMSTRONG
Okanagan Falls, BC • 250 497-6797

Sunnaira shares her wisdom of the Sacred Circle of Life, teachings from Indigenous Elders, and her understanding of the greater reality of who we are as creator beings of the universe. She does this with joyfulness and practical tools for embodying and expanding this energy into the everyday walk of life.



SATURDAY MORNING • SUNRISE CEREMONIES
6:45 am Labyrinth WALK with Karen
Combine the heavenly tones of the crystal bowls and the connection to earth as you walk the Labyrinth

SMUDGING by the Willow Tree • Sunnaira and/or assistants
Offered as a cleansing/grounding gift
SATURDAY and SUNDAY morning 6:15 - 6:45 am

These numbers indicate the workshop location on the map that you will receive at the Festival

WEEKEND SCHEDULE

Saturday

Location	8:45 - noon	2 - 5:15 pm	6:30 - 9 pm
Loft	# 14 CLAUDIA BUSCH Stone People Medicine	#16 VIRGINIA PRESTON The Art of Tantric Intimacy	# 31 BRENDA WHITE DOVE Drumming and Songs
North Wing	# 06 SHARON FORREST CCMBA - Complete Cellular Mind Body Alignment	# 07 SHARON FORREST Ho'oponopono and Beyond	# 35 NORMA COWIE Manifesting What You Want
Sessions Room	# 01 DEANNA KAWATSKI Dreamscapes	# 08 MICHELLE MORRISON Mapping the Blueprint of the Soul	# 02 DEANNA KAWATSKI Through the Looking Glass
South Wing	# 27 BROCK TULLY Journey Back from our Head to our Heart	# 29 KERRY PALFRAMAN A Chat with Spirit	# 37 KALAWNA BIGGS A Visualization for Healing
Orchard Court 1	# 28 JILL DANIELS Access Consciousness Choice & Possibilities	#41 COLETTE STEFAN Be Irresistible	
Orchard Court 2	# 26 BERNICE GRANGER Soul Play	# 33 PATRICIA CLAPP What the Bleep is Energy Medicine?	
Chapel	# 20 MARIE-JEANNE FENTON Why People Don't Heal	# 04 KELLY OSWALD Your Passion, Your Business	# 43 FRANCES MURPHY Story and Song
upper Alberta Hall	# 23 LAURIE SZOTT-ROGERS Healing the Goddess Wound	# 25 ROBERT ROGERS Medicinal Mushrooms of Western Canada	# 11 DETLEF JOE FRIEDE Hypnosis in Today's World
lower Alberta Hall	# 46 RICHARD KNOX Mutuality in our Relationships	# 44 DAWN BOYS Introduction to Ayurveda	# 38 DEBORAH WARREN Sirius Film Documentary
Great Hall	#18 PETER McALLISTER Evolutionary Mushrooms	# 03 ALANE HADIYA Dancing Heaven on Earth	# 39 ERIN PARSLEY The Life Dance Experience
The Cave	# 47 IRIS YOUNGBERG Reiki Level 1 Certificate Course		
Both mornings	Take only if you are willing to commit to both mornings, Saturday and Sunday. 8:45 - Noon in the Cave		

April 25-27, 2014

These numbers indicate the workshop location on the map that you will receive at the Festival

Sunday

SUNRISE
both morning
6:45 - 7:30

		8:45 - noon	1:30 - 4 pm	Location
DAWN BOYS <i>Easy Stretch Yoga</i>		# 36 NORMA COWIE Past Life Regression	#17 VIRGINIA PRESTON The Art of Tantric Intimacy	Loft 1
SUNDAY	THERESE LaFORGE <i>Crystal Bowl Bath</i>	# 15 THERESE LaFORGE Body/Soul Sound	# 09 MICHELLE MORRISON Animal Totems and Power Animals	North Wing 2
	BROCK TULLY <i>Celebrate Kindness</i>	# 10 NATALIA KAWATSKI Motivational Mandala Painting	# 34 PATRICIA CLAPP Further Along the Path of Energy	Sessions Room 3
	SHALAN POZER <i>Morning Ritual for the whole body</i>	# 30 KERRY PALFRAMAN Dreams and Messages from your Higher Self	#42 COLETTE STEFAN E = mc ² - Everything is Energy	South Wing 4
	SUNNAIRA & ASSISTANTS <i>offers a smudge Saturday & Sunday starting at 6:15 am near the Willow tree.</i>	# 45 JENNIFER INNES White Lioness Feng Shui	Closing Ceremonies 4:10 to 4:30 pm Sunday in the Great Hall	Orchard Court 1 5
		# 22 SHALAN POZER Gourmet Foods that Heal		Orchard Court 2 6
	NATALIA KAWATSKI <i>Healing Circle Meditation</i>	# 05 KELLY OSWALD Living Peace	# 21 MARIE-JEANNE FENTON Evidence of the AfterLife	Chapel 7
		# 24 LAURIE & ROBERT Prairie Deva Flower Essences	# 12 DETLEF JOE FRIEDE Hypnosis and Energy Channeling	upper Alberta Hall 8
SATURDAY	KAREN COOGAN <i>Labyrinth and Bowls</i>	# 13 ANA MARTINEZ The Wounded Healer	# 19 PETER McALLISTER Fermenting Foods	lower Alberta Hall 9
	HAJIME NAKA <i>TaiChi and Qigong</i>	#32 HAJIME NAKA Moving into Wholeness <i>(outside if the weather is sunny)</i>	# 40 ERIN PARSLEY The Life Dance Experience	Great Hall 10

SATURDAY NIGHT ... 9-11 PM

Great Hall - Inspiring Dance Music with Erin Parsley

Chapel - Kirtan Musical Gathering with Richard Knox

Naramata Beach - ET Contact with Deborah Warren

Register before March 20th and save ... Adults \$150, Seniors & Young People \$125
 plus meals, accommodation and gst • On-Site Registration starts Friday at noon.

REGISTRATION FORM

Healing Oasis Registration starts at 1 pm
 Healing Sessions available Friday 2 to 5 pm

Name(s) _____
 Address _____ Phone _____
 Town _____ Prov. _____ Code _____ email _____

FESTIVAL FEES

		Weekend	Saturday <small>only</small>	Sunday <small>only</small>
ADULTS (26-62 years)	on or before March 20 th	\$ 150	\$ 110	\$ 55
	March 21 th — April 20 th	\$ 170	\$ 120	\$ 65
	After April 20 th and on site registration	\$ 180	\$ 130	\$ 70
SENIORS 63 yrs+ and STUDENTS (10-25 yrs)	on or before March 20 th	\$ 125	\$ 95	\$ 45
	March 21 th — April 20 th	\$ 145	\$ 105	\$ 55
	After April 20 th and on-site registration	\$ 155	\$ 115	\$ 65

MEALS....Please pre-order by APRIL 5

MEAL PACKAGES Meals include dessert and beverage. If you have dietary restrictions please advise.

6 meals Friday dinner to Sunday lunch \$95 _____ **5 meals** Saturday breakfast to Sunday lunch \$75 _____

INDIVIDUAL MEAL	Fri. Dinner	\$ 23	Sat. Breakfast	\$ 12	Sat. Lunch	\$ 15
	Sat. Dinner	\$ 23	Sun. Breakfast	\$ 12	Sun. Lunch	\$ 15

ACCOMMODATION *Bedding and towels included.* Check out time **1:30 PM - Sunday**

- Cottage Court and East Court *One or two rooms. Double bed and/or two single beds plus front room with a hide-a-bed/couch plus a kitchen.*
 • Private: One bedroom cabin, two nights \$270 • Two bedroom cabin, two nights \$350
 • Shared: One Bdrm: \$135 for 2 people or \$90 each for 3 • Two Bdrm: \$115 for 3 people or \$90 each for 4
- Orchard Court *Two single beds and a bathroom in each room with a shared common space that includes a kitchen.*
 • Shared: Two people, two nights \$ 120 per person • Private: one person, two nights \$230
- Maple Court *One double bed, one single bed and a bathroom. Fridge, sink and tea kettle in the foyer.*
 • Private: One person, two nights \$210 • Shared: Two people, two nights \$110 per person
 • Shared: Three people, two nights \$70 per person or \$210 for the room.
- Alberta Hall *A two storey dorm with two single beds in a room and a large multi-use bathroom on each floor.*
 • Private: One woman, two nights \$150 • Shared: Two women, two nights \$ 90 per person
- R.V. or Tent \$ 45 per night including electrical hook-up Tent \$ 30 per night .. no power

To book nearby accommodations visit www.DiscoverNaramata.com Many have websites with images and directions
 BC Motel: 250-496-5482 • Village: 250-496-5535 • Naramata Inn: 250-496-6808 • Sandy Beach Lodge: 250-496-5765

Festival Fees \$ _____
 Meals \$ _____
 Accommodation \$ _____
 Subtotal \$ _____
 GST (add 5%) \$ _____
 Grand Total \$ _____
Amount enclosed \$ _____ (50% deposit required)
 Balance ... \$ _____ payable at the door

Make cheque payable to: Visions unlimited, Spring Festival ...Send it to
 Marion Desborough, L1-4505 McLean Creek Rd, OK Falls, BC, V0H 1R1

We do not mail receipts. If you need confirmation please give us
 time to process the form and then call the number below.

No refunds on meals or accommodation **after** April 1
 We refund festival fees, less \$50 per person, if notified by April 1.

If paying by credit card phone **250-497-6861**

Questions? **1-855-366-0038** Angele Ortega

**Please bring a travelling mug
 for refreshment breaks.**



An opportunity to find myself

by Victoria Scott

Around October 2008 my soul started sending messages to my body that it was time to re-connect, and by July 2009 my body messages reached their peak. As far as I was concerned it was just an illness. Now that I am on the flip side, I see the miracle of how our body lets us know when we're out of kilter.

One thing followed another until my thyroid pretty much quit working, and I was in such a mess that I couldn't ignore it. After tests, x-rays, etc. I was told that my thyroid was so damaged I would have to take medication forever. My mind said, I don't do medication and definitely not for the rest of my life. My soul was yelling "Yipee, she's finally listening." Thus began my search for an alternative. After a while the universe brought a beautiful lady into my life who guided me using energy medicine. I didn't really know why I was seeing her and kept coming up with vague ideas like: I hate my body, I don't want to be a woman, I don't fit in, but nothing concrete. Then wham, the revelation changed my life. The details aren't relevant right now but what I can tell you is, between that day and the following July, my past, present and imagined future were continuously pulled from underneath me. Everything I thought I'd known, wasn't. I now understand that the only security that really exists is found in the one thing that never changes, and that is our connection to our Soul.

Then an idea of going to India kept appearing in my mind. I didn't have anything to lose because it'd all been lovingly shredded, so I visited India for three months. Magically,

everything and everyone was presented and I found myself in an ashram in Madurai. I could fill a book with many stories but this one is relevant. One day when I was feeling particularly emotional, I laid under the stars and I wept from a depth I didn't know existed and begged, "Okay God, I thought I'd surrendered but now I am really surrendering. I can't do this by myself. Give me whatever I need to go inside and heal, please." The next day I broke three ribs when I fell from a chair clearing away cobwebs (so symbolic.) Laying on the ground, I was trying not to laugh or cry when I said, "Okay God, I get it, it's time for me to sit still and go inside." I'd love to say I listened, however a couple of weeks later a pile of falling metal bowls resulted in two broken toes. Then I listened and knew it was time to change. I now return to India each winter so I may serve others. My greatest gift was being humbled as I now understand the beauty and miracle of me. I know the pain of heartbreak so I know real love. I know the pain of abuse so I know tenderness. I know the pain of loss so I know togetherness. I know the pain of abandonment so I know trust. I know the pain of being ignored so I know deep listening.

Without my past, I have no opportunity to know the miracle of me. Each experience co-creates a memory to bring me back to that remembrance. I know that when my soul wants me to listen, I feel it in my body. My gift is to take the time to listen, acknowledge, accept, meditate and be still at least a few minutes each day so I can hear or feel my own inner guidance.

Flip the magazine over for the Spring Festival program

Flip the magazine over to read some great articles.

Website is www.localssupportinglocals.ca.

The theme is *Real Living with Real Food*.

that are local and mostly organic.
the presence of community farms and products
inexpensive and effective advertising, to increase
Kevin Proteau and provides the opportunity for
This grassroots operation is organized by
hour explaining the rise of this concern.

of the video *GMO Alfalfa, The End Game*, every half
farms that grow organically. Their will be a showing
can view this years calendar and see the many local
Awareness on Friday, April 26 from 2-6 pm so you
Kevin Proteau will be at the Spring Festival of

Locals Supporting Locals

