

True Blue

Volume 5, Issue 1
Oct - Nov 2012

Spirit

Pursuit of Intuitive Living

Creating a
Spiritual Family

AYURVEDIC
Massage

A Place of Magic

NATURAL HEALTH | SPIRIT | AWAKENING | LOVE

PHENOMENA | NATURE | WELLBEING



www.truebluespirit.com



Tom Masters
Editor
editor@truebluespirit.com



Tiffany Abram
Editorial Assistant



Lara Engst
Editorial Assistant

Volume 5, Issue 1

Publisher: Dorothy Jeanne Engst publisher@truebluespirit.com
Editor: Tom Masters editor@truebluespirit.com
Editorial Assistants: Tiffany Abram, Lara Engst

Photographs & Images:

Cover Photo by Anne M. Fearon-Wood www.fearonwoodphoto.com

Page 16-17 Dorothy Jeanne Engst

Page 28-29 Lara Engst

Page 44-45 Christina Carrieres/WildArc

Contributing Writers:

Carmel Joy Baird, Dena Blatt, Maryanne Campeau, Debbi Coleen, Lara Engst, Maureen Gabarino, Sah'Rah Kerfoot, Dr. Lee Know, Janet Laidlaw, Stephanie McColl, Cara McKenna, Bill Moore, Susanne Murphy, Heidi Nielsen, Sabina Pettitt, Vince Pollitt, Alison Skelton, Joshua Shapiro James Henry Spencer, Neelam Toprani and Penny Whitfield

True Blue Spirit - Pursuit of Intuitive Living ISSN 1918-6436
Publications Mail Agreement No. 41933020

Published every two months. Single copies can be purchased online and mailed anywhere in the world through links at www.truebluespirit.com

True Blue Spirit Magazine Inc. does not disclose its subscriber list to anyone at anytime.

True Blue Spirit Magazine Inc.

P.O. Box 17, Gabriola Island, B.C. V0R 1X0

250-247-0210 Toll Free: 1-877-700-2760 Fax: 250-247-0266

Copyright © 2012. No portion of this publication may be reproduced in whole or in part, without written permission of the publisher. The views expressed herein are not necessarily those of the publisher or True Blue Spirit Magazine Inc. Any medical advice is given solely for information purposes only and no responsibility is assumed on the publisher's part.

True Blue Spirit welcomes **submissions**, but accepts no responsibility for unsolicited materials. Material is accepted for True Blue Spirit on the understanding that it does not infringe on any copyright or libel laws. Copyrights to be declared on submission. True Blue Spirit receives unsolicited materials (including letters to the editor, press releases, promotional items and images) from time to time. True Blue Spirit, its affiliates and assignees may use, reproduce, publish, re-publish, distribute, store and archive such unsolicited submissions in whole or in part in any form or medium whatsoever, without compensation of any sort. This statement does not apply to materials/pitches submitted by freelance writers, photographers or illustrators in accordance with known industry practices.

Send emails to editor@truebluespirit.com

Due to the volume of emails we receive, please be patient as there could be a delay in receiving a response. After an extended time, feel free to send a reminder email. Thank you.



This magazine is a spirit driven gift of the heart.

2012 Mantra
“Don’t use money to measure wealth.”

From the Publisher - *In the Moment*

I remember as a child my parents saying how fast the time flew by. Back then it never seemed to pass fast enough for me. There was always something I was looking forward to in the future and that kept me hopping about with anticipation. The now – well that was just boring – been there, doing that.

Now I am like my parents. The days, weeks, months and even years are passing by so quickly that I’d like to lasso them and slow the process down a little. The now has become ultimately important. How I spend each moment and who I spend each moment with is significant. No longer is the event that is coming down the pike in a couple of months’ time taking my undivided attention. It is this moment in time that has it.

I embrace each day and live in each fraction of time. I enjoy creating and in this way plant the seeds for tomorrow. But I will not dwell on tomorrow. Should events take a different path than I thought they would, then that is something I will embrace and take in hand at that moment in time.

Keep well,

Dorothy Jeanne Engst
Join me on Facebook
www.facebook.com/TrueBlueSpirit

In this Issue

- 4 **Creating a Spiritual Family** 28 **Laundry: Putting it all On The Line**
True Green Spirit
- 6 **The Squirrel** 30 **In the Smoke From My Fire**
Aboriginal Spirit
- 9 **Larimar Crystals** 32 **On Struggling Searching for Serenity**
- 10 **Dear Dena Handwriting Analysis** 34 **Frankincense Aromatherapy**
- 12 **Build up your Immune System using Turquoise Colour** 37 **The Story of a Poem**
- 14 **If You Blink You’ll Miss It Mediumship** 38 **How to Reverse Arterial Calcification**
Healthy Body - Healthy Spirit
- 16 **A Place of Magic and Mystery** 40 **If Only He Could Speak**
Animal Whispers
- 19 **Yarrow The Medicine Wheel** 42 **Judgement: The awakening threshold**
Tarot
- 20 **Ayurvedic Massage** 43 **Worthwhile Reading**
- 22 **Connecting Heaven and Earth - The Essence of Trees**
Nature’s Essence 44 **WildArc**
- 24 **Journeys of a Crystal Skull Explorer** 46 **The Dragon: Year of Change**
Chinese Lunar Astrology

Creating a Spiritua

by Janet Laidlaw

Everyone has been alone or lonely at some point or another in our lives. How do we cope with this? Part of the ongoing challenge of being human is the experience of separateness. We all have moments of disconnection through emotional or physical separa-

tion from others. I find my inspiration through a woman I never met and wouldn't have recognized had we passed on the street. Her name is Akiko.

Akiko became a friend of my mother's through volunteering at Hospice. The two hit it



1 Family

off right away. Described as a small woman with a broad smile and a big brimmed hat, Akiko turned eighty last year. She lived alone and had no children. But Akiko had a vast extended family that came from the world of volunteering.

She and my mom shared many things in common; both were givers, helpers, down to earth and reliable. When Akiko found out I was writing for True Blue Spirit magazine she would always pick up an extra copy for my mom. The two shared similar backgrounds and sense of humour. When Akiko started reading Paul Elder's "Eyes of an Angel" she told my mom she too had tried to float out of her body. She couldn't figure out how. When my mom heard an unidentified noise in the night, she later asked if Akiko had succeeded. Apparently no, but they shared a laugh as always.

I never met Akiko but I felt her gratitude and praise through my mother. She was always excited to talk to my mom about what I had written and was one of the first to get a copy of True Blue Spirit.

What always impressed me about Akiko was that at her age she was still so open to new ideas and always up for an adventure. She was remarkably generous with praise and appreciation. She offered many simple gifts, including chocolates for my nieces whom she had never met. She was often seen with a cart full of recyclables that she collected to raise money for charity. (She laughed to my mom that someone once wanted to give her money to buy herself a coffee. She kindly told him it wasn't necessary.) She had previously been a nurse and was referred to as a "super volunteer", not only for her kind, excellent and gracious work but also for the numerous places where she volunteered her time.

Not long ago my mom laughed as she told me of Akiko's latest adventure, a trip to the

Casino. She had never been there so she took the free bus and explored, asking many questions. She chuckled as she told my mom that she spent five dollars total.

On a Tuesday evening my mom spoke to Akiko briefly. "Wheel of Fortune" was about to play on television and my mom knew Akiko liked to watch it. Akiko had sounded under the weather and my mom would check in again the next day. Akiko never complained.

When I found out she had died some hours after that last conversation I felt I had lost someone from my spiritual family. Akiko showed me that family is not limited to blood relations; love, compassion and humour are a universal bond.

I will miss hearing her praise and her latest adventures through my mom, but when I feel sadness about our physical loss, I also smile knowing that Akiko hasn't really died. She just finally succeeded to fly outside her body exactly as she had wished. She is on another adventure and no doubt someday we will pass each other in flight. ☺



JANET LAIDLAW is a Video Writer and Producer and official Wild Goose Chaser (employed to chase Canada Geese from city parks with her Border Collie, Sprite). She has been trained in transpersonal hypnotherapy and studied psychic sciences at the world-renowned Arthur Findlay College in the United Kingdom. Her pre-occupations include psychic studies, dream analysis, animals and intuitive art. www.janetlaidlaw.com

The Squirrel

by Bill Moore

Walking through a Toronto summer evening many years ago, my partner and I came upon an interested circle of cats. In the centre was something small and black and alive. Approaching, we found a stringy little animal, not much more than a strip of fur, eyes not yet open. It took a few moments to realize that it was a very young squirrel.

We took it home. At first we fed it lukewarm milk out of an eye-dropper, every two or three hours, all day and all night, until it graduated to cooked cereal, and finally to seeds. We taught it to crack nuts and watched it bury them around the house, in a Kleenex box, in a potted plant.

It had the run of the house and its great delight was to climb the curtains and dive-bomb the cat. We took it outside, set in on the trunk of a tree. The first time we did this it was afraid and ran up the leg of my pants for safety. The third

time it climbed the tree and never came back.

It was so alive. When I held it I could feel the soft warm fury of its will to live and its absolute surrender to that will.

At the end of the world Her hands hold us all. She builds us, cell by cell, strand by strand, with unimaginable love and patience. When She shows up in the Tarot we call her the Empress. Sometimes we call Her the Great Mother. It doesn't matter what we call Her. She'll be there when our language is long gone.

The way in is easy to see, poignant and terrifying, but still easy to watch as tiny scraps of life fight to grow, to survive. They love their children and each other. The beautiful breathing multiplicity of it all is arresting, heart-breaking.

Why heart-breaking, though? What is the poignancy? That each thing She puts together, She finally takes apart, to make it into some-



rel

thing new. She will strip us down, cell by cell, bone by bone. She will have no regard for the fact that we don't like it and She will do it with as much love and detail as when She put us together. Dissolution is the flip-side of creation. As the old song goes: "You can't have one without the other."

But it's not easy, this dissolution gift. That we get to leave, to not-be, to be undone, is an affront and so we create stories, myth-cycles, cultural norms that keep us from experiencing this. Too bad. It makes for one heck of a shock when She starts undoing us.

I have had three gifts from Her. The first was the onset of blindness. The second was the loss of an eye. The third was a heart-attack. She has begun Her work. How do I celebrate this? What is there in or of me that can possibly stand aside from this process and appreciate its infinite creativity? I can do it in writing, but I'm not sure

how to do it in life.

I will die. That part, theoretically at least, is easy. It's the dissolution that is intolerable to us. Is it intolerable to all living creatures or are we the only ones who think about it? That little squirrel was in absolute surrender. So are we all. It's just not quite bearable to allow ourselves to know it. 🌀



BILL MOORE is a retired teacher, a lifelong student of the Tarot and the Kabbalistic Tree of Life, and a working psychic. He is blind. www.seeinginthedark.ca



22nd Annual Vancouver Health Show

November 10 & 11, 2012

Vancouver Convention Centre • East Facility • Hall B

Saturday 10 am - 6 pm & Sunday 11:15 am - 5:15 pm

Additional Speakers



Andre Noel Potvin



Jason Watkin



Jeff McArthur



Marija Djordjevic



Peter Quenter



RoseMarie Pierce

Our Featured Speakers



Sam Graci

Sam is an internationally renowned researcher, formulator, lecturer, consultant, and author in the field of optimal health and nutrition.



Tommy Europe

Tommy is the country's most sought after fitness coach and host of Slice TV programs.



Brad King

Brad is a highly sought after authority on nutrition, obesity, longevity and one's health.



Dr. Marita Schauch

Dr. Schauch leads by example and hopes to empower others to choose positive lifestyle choices in order to live optimally.



ENTER TO WIN



Over \$25,000
in Healthy
Home
Makeover Prizes

• • •
First 100 people
at the door receive a special gift

• • •
Prizes awarded at every seminar!



Follow us @TheHealthShows
and Like us on Facebook
@HealthShows for chances to
win free entry to our shows
and great prizes



Larimar

by Sah'Rah Kerfoot

Larimar is a rare variety of blue Pectolite (silicate hydrate of calcium and sodium). No other Pectolites have the unique volcanic blue colour of Larimar, found only in the Dominican Republic in the Caribbean Sea. Though Natives of the region and their ancestors were long aware of this gemstone and used to collect them right off the beach, it first became known throughout the world in the 1970's when the source rock formation was found upstream by a member of the Peace Corps and a mining claim was granted.


Some believe that Larimar is the blue stone with extraordinary healing properties that clairvoyant Edgar Cayce predicted would be discovered in the Caribbean where part of Ancient Atlantis could be found. For this reason, Larimar is sometimes known as Atlantis Stone or Dolphin Stone, as it is said to assist our ability to connect to and communicate with dolphins and other creatures of the sea.

Visually stunning, Larimar brings the tranquil energy of water and air to mind. It was created by volcanic activity—earth and fire—so this gem has a unique balanced energy that I feel when I tune in. It promotes inner peace, and so is very useful during periods of potentially stressful change, helping us maintain calm, soothe the fear and the tendency to try to control, as well as aiding the expression of our feelings.

Larimar is well-suited to be of benefit during times of feeling over-critical of self and others, and offers us an energetic track to follow



into watery bliss and acceptance of everything that is. This doesn't mean fogging out and not striving to shift the world we live in to a more harmonious state. Quite the contrary. Larimar carries a vibration of love transcending all problems of our physical world. And that self-transformation (through nurturing love) creates change for the collective. We can do it! We are all inherently healers. Larimar speaks to me of our feminine powers awakening and focusing on the health of our planet (ourselves!) through a shift in how we can see with more positive perspectives.

Stimulating the throat chakra, Larimar energetically boosts the healing processes through the thymus and thyroid, relating to immunity and energy balance. In the creative realms, Larimar assists us to experiment with and articulate our own styles of communication and expression. Everyone has their own way of being and doing, so let's celebrate uniqueness. Let's find new ways to 'fit in' through acceptance and appreciation of each other's originality. 

SAH'RAH KERFOOT owns *Blue Apples Metaphysical & Wellness* providing Acutonics Sound Healing, educational experiences, crystals and other tools for body, mind & spirit. www.BlueApples.ca



Dear Dena:

Hand

by Dena Blatt

Dena Blatt is a certified graphoanalyst, a handwriting analyst who answers questions from readers in light of what characteristics she observes in their handwriting.

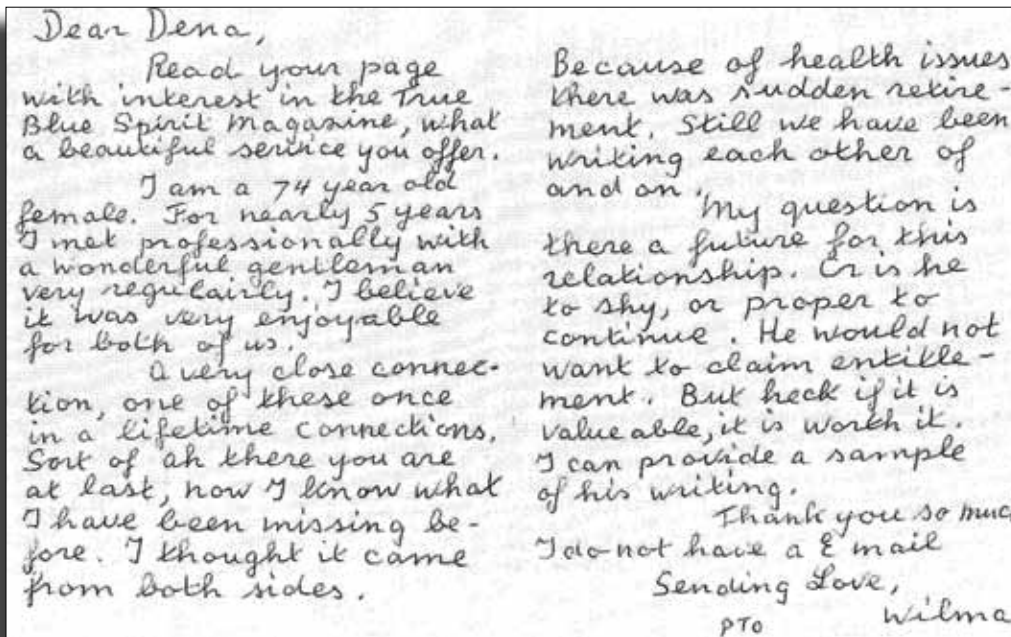
Dear Dena,

Read your page with interest in the True Blue Spirit Magazine, what a beautiful service you offer.

ship. Or is he to shy, or proper to continue. He would not want to claim entitlement. But heck if it is valueable, it is worth it. I can provide a sample of his writing.

*Thank you so much. I do not have a Email.
Sending love,
Wilma*

Dear Wilma,



I am a 74 year old female. For nearly 5 years I met professionally with a wonderful gentleman very regularly. I believe it was very enjoyable for both of us.

A very close connection, one of these once in a lifetime connections. Sort of ah there you are at last, now I know what I have been missing before. I thought it came from both sides.

Because of health issues there was sudden retirement. Still we have been writing each other of and on.

My question is there a future for this relation-

Unfortunately, your letter somehow became lost, and is only now found—with no phone number or address to let you know how sorry I am. Please forgive me for your long wait for an answer. Since time has passed I'm wondering, have you and he renewed your relationship in person or by correspondence?

Without his handwriting to do a "compatibility" all I can do is tell you about yourself.

First of all, I see you are from Europe (capital "I"). A woman in your age group would feel she has


to wait for the man to show that he cares—and men in this age group might be confused as to how they should behave today.

I wouldn't worry about you in the love department; you have a head on you; you are not impulsive; you're realistic and sensible (slightly right slant with some vertical). You like people (size and slant); you're dependable (rhythm, spacing between words, letters, lines, page); warm and caring (rounded "m" and "n"), generous (endings to words); very open-minded (wide "e"); optimistic (rising t-bars)—and you have



Writing Analysis

manual dexterity. Do you play an instrument?

As for your question, is there a future in it? I believe so, as long as you take the initiative, he being either too shy or too proper as to how he should behave; or not too sure about how you feel about him. Better to tell a partner how one really feels; otherwise there could be unhappy misunderstandings. I think you could have a wonderful and happy relationship. What's wrong with letting him know how you feel? 

Write 'Dear Dena', in script, on **unlined paper**, using your usual pen, **black ink only**. If you naturally print, send both printed and script. Your letter can be about anything as long as it's about your issues or your relationship to somebody or something. **You must ask a specific and sincere question which requires more than a 'yes' or 'no' answer.** Keep it short and to the point. Dena will answer in light of what she sees in your handwriting. Please, no fortune telling requests – she cannot foretell the future. **Include your age and sex** on the paper because neither are discernable from handwriting. On the other side of the letter put your e-mail address, in case Dena needs another sample or has to contact you.

When submitting a letter to Dear Dena, mail your letter to True Blue Spirit Magazine, PO Box 17, Gabriola Island, BC V0R 1X0 **Attention of Dena Blatt.**

DENA BLATT, an International Graphoanalysis Society certified graphoanalyst since 1974, lectures and teaches graphoanalysis. An accomplished businesswoman, author and grandmother of four, Dena is also a consultant for personality assessment, couple compatibility, career guidance, personnel selection and forgery determination.
www.denawrites.com



©bouquiniste-Foto1a.com

NATURE PHOTOGRAPHY

Anne M. Fearon-Wood



A biologist and outdoor recreation enthusiast, Anne has travelled to many places around the world capturing the essence of its diverse wilderness and wildlife. She believes photography is a teaching tool for conservation and appreciation of the beauty of the natural environment. Her images are available for stock licensing on her website.

<http://www.fearonwoodphoto.com/>
fearonwoodphoto@shaw.ca

Build Up Your Immune System Us

by Susanne Murphy

Did you know that our immune systems protect our bodies against invading microbes such as bacteria, viruses and parasites? Some of the major front-line immune defences are the skin, various membranes, cells and internal organs, all of which provide very specific defences. The organs involved in this process include white blood cells, thymus gland, bone marrow, tonsils, lymph nodes and the spleen. Other defensive processes include stomach acid, various cleaning secretions (tears, saliva, vaginal secretions), nasal hairs, mucus in the throat and respiratory system and cilia in the mucus.

Although the immune system usually prevents disease, sometimes it can cause it. There are several diseases caused by an overactive immune system— allergies, asthma and auto-immune diseases.

The immune system involves a number of organs, tissues and cells to protect the body from infections, diseases and foreign substances. These components work together to keep foreign invaders (known as antigens) from entering the body and bloodstream. However, when antigens do penetrate the blood, the immune system is capable of immediately identifying the attackers and it responds by fighting back.

The immune system has a number of ways to combat antigens. The skin, eyes, nose and mouth are all capable of keeping most types of antigens from penetrating the body through mucus and cilia (tiny hair-like projections located on the surface of the bronchi that continually sweep mucus up and out of lungs to cleanse them).

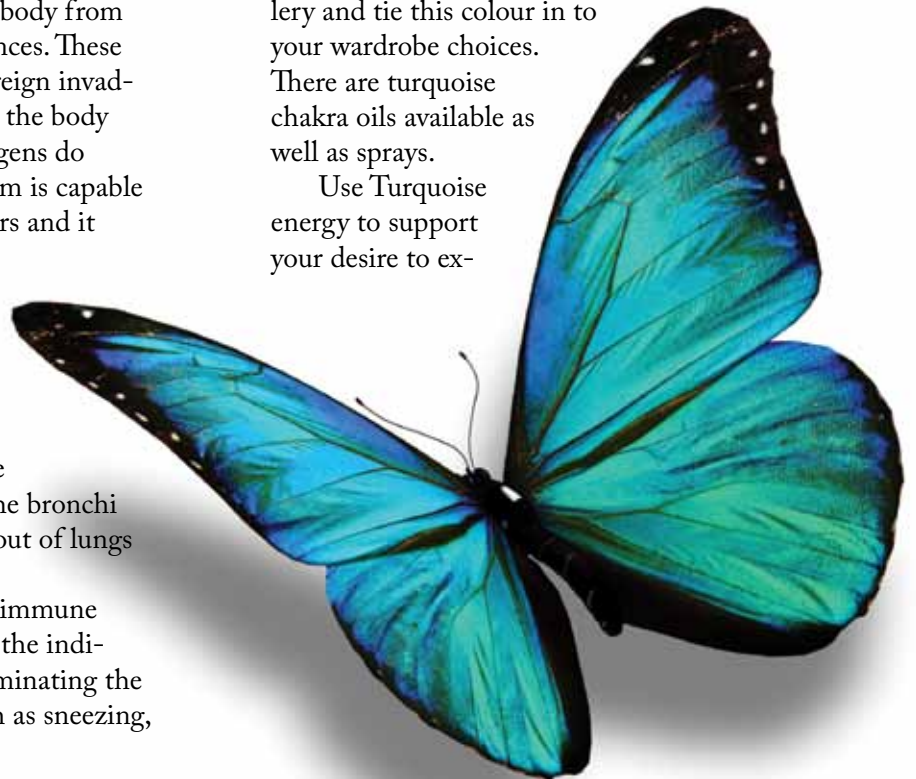
The symptoms associated with an immune system response are often irritating to the individual but are actually necessary in eliminating the cause of the problems. Symptoms such as sneezing,

runny nose, watery eye, fever, coughing, itching, nausea, diarrhea or shortness of breath are all produced as the immune system tries to fight off foreign invaders.

Occasionally the immune system makes a mistake and attacks a generally harmless substance. We refer to this as an allergic reaction. Other types of improper immune system reactions are responsible for diabetes, rheumatoid arthritis and other conditions which we call auto-immune disorders. However, there are ways that we can support our immune system and that is through using the frequency that your thymus gland resonates to. When the thymus is imbalanced, simply use Turquoise tools to give your immune system a boost, especially for the approaching cold and flu season.

Try using dead sea salts with a turquoise coloured bath. Wear turquoise jewelry and tie this colour in to your wardrobe choices. There are turquoise chakra oils available as well as sprays.

Use Turquoise energy to support your desire to ex-



ing Turquoise

press yourself. This energy enhances your ability to speak though your heart, strengthening concentration and control over your speech, allowing you to express yourself freely.

Use turquoise energy to:

- Create opportunities for a change. The Turquoise colour is the energy that uplifts the energies of your lower chakras into higher levels, thus allowing movement of optimum energy flow.
- Encourage communication of emotions. When one speaks from the heart, rather than to please others, stuttering can be reduced.
- Stimulate the thymus gland and boosts your immune system. If feeling low, use the Turquoise frequency to decrease congestion and help remove toxic waste that may be restricting your body's protection system.

Affirmation: I choose to be in perfect balance with my emotions and mind and lift myself up to the level of knowing my true self and my soul's purpose. ☺

SUSANNE MURPHY, Senior Colour Consultant at Colour Energy, is a Colour Therapist who educates people on the power of colour. Certified in Aura Counseling and Medical Intuition from the German International Aura School, Susanne is also a Crystal Light Therapist and a Zenith practitioner. Incorporating the science of colour with the personality is a passion of hers.



Plantbiotic

Original Probiotic + Prebiotic since 1908 from plants

One Lactobacillus Bulgaricus can reproduce itself into over **60 Billion** bacteria after 12 hours. High survival and reproductive capabilities in G.I. system.

Benefits:

- Immune system modulation
- Promote correct digestion
- Absorption of food nutrients
- Help regulate normal blood cholesterol
- Overcome skin problems, allergies
- Uro-genital infections resistance
- Antihypertensive effect
- Help fight stress related conditions
- Anti-carcinogenic effect on colon



100 V. Caps
Not genetically modified
Lactose free Gluten free

Toll free: 1-877-970-3091

If You Blink You'll

by Carmel Joy Baird

Each client who comes to me is looking for that BIG message. The one that says, without a shadow of a doubt, that their loved one is here with them. Sometimes I find that clients are trying to look so hard they miss it all together.

Recently I had a client come to me who desperately wanted to hear from her mother. Her mom passed away twenty years ago when she was only a young girl. Just recently she had put a memorial obituary in the newspaper and it had caused quite an uproar with her father and his new wife. Needless to say she felt lost and needed some connection with her mother to know this was okay.

There were many female spirits who came forward for my client in her reading but Mom was quieter and after things got moving along she found ways to make herself known. After several personal messages and even messages about the memorial obituary, I asked the spirit for a BIG message so that my client would know without a shadow of a doubt that her mom was really here.

The spirit said, "Say pizza."

I said to the woman, "Do you have a thing for pizza or does pizza mean something to you?"

The client tilted her head and said "...ummmmm."

I said, "Did you crave pizza when you were pregnant...is there something about eating pizza?"

The woman looked at me and said, "Well, pizza anytime?"

I said, "Yes...I dunno...just pizza!"

The client looked up at me and said, "Well, I ate a piece of pizza in my car on the way here to

my reading. Do you think she could mean that?"

I realized at that moment that my client was desperately wanting this big POW message and that she was missing all these little messages that to me meant everything.

"Yes! YES!" I said. "I think she is totally meaning that!"

I swear I saw the spirit smack her head and roll her eyes. Sometimes I think it's just as frustrating to the spirit as it is to me.

Just a few days later, in a reading, I saw a spirit draw big thick white eyebrows on a client. The spirit said, "Say clown."

I thought, no way! You guys have thrown me under the bus with crazy messages like this. I'm not saying clown!

The spirit said again, "say CLOWN!"

I went for it. Knowing it wasn't a typical message, it had to mean something. I said, "Does clown or clowns mean anything to you?"

"No."

I asked her, "Are you afraid of clowns? Do you love clowns? What could clown mean?"

The woman mulled it over. Finally she said, "Well, my daughter went to a clown camp when she was a child. She learned how to juggle and do clown things."

"Did they dress up like clowns?"

"Oh yes. For three days they dressed like clowns and learned how to be clowns."

"Really?" I said.

"My other daughter calls her still by her clown name. She was given that name at camp. In fact I overheard her call her that yesterday. Do you think that's what she means?"

"YES! YES! I think that's what she means!"

Communicating with those on the other side


I Miss It



is like playing charades with a ball of light. As a psychic medium I'm reading these pictures and saying these words they are giving me, then trying to draw out every scenario to jog a client's memory to help them understand the message. For the spirit, "pizza" was an obvious message saying, "I've been with you the whole time honey...I watched you eat pizza driving here. (Distracted driving !! Haha!!) It's not easy. It's not something that you can keep your eyes closed to. Sometimes the biggest message is in the simplest form and if you blink you'll miss it.

Your loved ones on the other side work really hard to communicate with you in the most subtle but most amazing ways. Symbols and signs mean everything in mediumship. Open up yourself to the message and I swear it will be there. It's like any relationship. You have to put effort into it if you want to see it blossom.

They are always with us, always willing and wanting to share. We simply need to let our walls down, open our hearts, be still and accepting and see what is right in front of us. All those coincidences: messages. That gut feeling: a message. That repetitive sequence: message repeating itself over and over. It's just a part of letting go and trusting.

It is a great feeling when my client's face suddenly lights up and they understand their message and connect with their loved ones. You feel the love emanating and a serene peace envelops the room. It is those genuine expressions of sheer love that only the client and their loved one are privileged to share. I am blessed to witness and be a part of it day after day which is what makes my work so rewarding. 

CARMEL JOY BAIRD is a Spiritual Medium & Intuitive Guide who does readings for clients all over the world. Now residing in Alberta, she teaches others to develop their intuitive gifts while she continues to read for clients. www.carmeljoybaird.com



A Place of Magic a

by Penny Whitfield

W elcome to Stansted Hall situated near the quaint village of Stansted Mountfitchet in Essex, U.K. This is the world renowned Arthur Findlay College and, to most who visit here, their second home. Or so it feels. There's an aura and energy here that I have never experienced before: part of the magic of this lovely and quite amazing huge country house, built on a site where there was once a castle and more recently a Hall dating originally from the 11th century.

Most who enter the imposing doorway come from all parts of the globe, who like myself want to increase their knowledge of Spirit and,

more specifically, to develop their mediumship abilities.

Life is hectic at Stansted on the many courses they have to offer almost year round and the days are long. Study sessions start at 9 am and end at 9 pm with hasty meals taken in between. Most visitors find time to walk around the fish-shaped lake and visit the very old church attached to the grounds. Somehow, it never feels like hard work as we are always either listening to our tutorials or working in pairs practicing the mediumistic skills and opening our awareness to Spirit in different ways.

The first course I took in the summer of 2010 is a good example. I

had been connected and working with Spirit for many years, but in a very different capacity, so I was a little nervous about how this would work out. In class I sat opposite a woman from Australia. We were to 'contact' a person who our partner would



and Mystery

name for us. The 'sitter' could only answer Yes or No. As I started to verbalize my impressions: sight, voice and whatever feelings I experienced, I began to paint the picture of the friend of my 'sitter' and how she appeared and 'felt' to me.

Here was someone who liked to dress; I felt her character and saw that she was standing, hands on hips, with her shoeless toe pointing out towards me. It progressed in several other directions and I saw the picture of her riding a bike. Then out of the blue came the word "beast".


As the reading continued, I became aware of a tightening around the front of my throat, and with increasing pressure this continued up to the back of my ears. I relayed all this to my partner who just continued to nod. I was becoming alarmed and I couldn't help wondering what would happen next. The sitting came to a abrupt end when I began to experience considerable pain at the back of my head. I just had to stop.

My partner confirmed that her friend had indeed been a 'dresser', and loved to go for pedicures, hence the pointed toe. She rode a bike and the word 'beast', I was told, would describe the woman who drove into her and didn't stop. She was dragged along on her bicycle. Her helmet had strangled her and she had died.

I was amazed at this image and message from Spirit. It blew my mind.

There is nothing more gratifying than helping those whose loved ones are lost to them—or so they believe—and to show that Spirit is part

and parcel of our daily lives. In my own work one of the first things I ask people to accept is that first and foremost we are "fulltime" Spirits, having the occasional human experience, and not the other way around as most people believe.

Stansted Hall is indeed a place of magic. Any work that we as budding or experienced mediums attempt is magnified due to the collective energy the Hall exudes. Just to walk its hallways and visit the beautiful period rooms—many with a view of the extremely long back lawn with its enormous Tulip tree—gives one a feeling of existing in another century. I feel so grateful to be doing this work. Personally, I call it my "Hogwarts" and will return whenever I have the time and the funds. 

Check out their website at: www.arthurfindlaycollege.org for some lovely pictures and information.

PENNY WHITFIELD's aim is to facilitate others in accessing their spiritual/psychic selves. More importantly, to connect with their Spirit guides. Penny has worked with Spirit for over 40 years, concentrating on her Mediumistic/Healing gifts, and has taken several courses at Stansted Hall working with many of the best mediums in England.



*Essence Combinations
which attract healthy
patterns of energy
to the Body, Mind &
Spirit.*



Abundance
manifest our intentions at
every level of our lives



Balancer
maintain our centre during
times of stress and crisis



Heart Spirit
greet all the experiences
of our lives with an
open heart



**Abundance
Stabilizer**
open to receiving
all the blessings
of life



**Being True
Worth**
discovering and
expressing our
value



**Super
Vitality**
rejuvenation
and peak
physical
performance



Fire
am I passionate
and vibrant?



Earth
am I present
and available?



Metal
am I feeling
good about
who I am?



Water
am I using
my life force
effectively
and
efficiently?



Wood
am I expressing
my creativity
and fulfilling my
purpose?



**Cellular
Memory**
support
every cell in
our body/
mind to fulfill
it's optimal
function



Radiant Beauty
letting our inner light shine



Shielding
protective shield against
EMFs from cellphones,
computers and radiation



New Attitudes
releases habitual thoughts
and behaviours that
prevent us from expressing
our full potential



**Being
Peace**
for cultivating
inner peace and
equanimity



Detox
cleanses body/mind/
spirit gently and
thoroughly



Fearlessness
being present and open
to experience



Energy Medicine® Cards
An Intuitive Guide to Body/Mind Healing



**Optimal
Learning**
maximizing our
ability to learn



**Optimal
Immunity**
protection at every
level of our being



Kids' Stuff
nurturing the child
in each of us



Forgiving
cut all the cords
which bind us to any
pain from the past



Energy Medicine®
Healing from the Kingdoms of Nature

Yarrow

by Cara McKenna

Yarrow is a lacy white perennial flower that commonly grows wild in Canada. It can easily be found growing in fields, meadows, along roads and even in landfills. The only part of Canada it cannot be found in is the far north.

Its leaves and flowers are fragrant smelling and the leaves are bitter tasting. Although its common growth and pungent smell make Yarrow seem weed-like, it has been used and praised for its medicinal properties for centuries.


Traditionally, Aboriginal tribes in Canada used Yarrow to stop bleeding and inflammation and used it as an antiseptic. Since it has blood-clotting properties, it was commonly used on war-wounds to help the healing process. Sometimes, yarrow leaves were even packed into the nostrils to remedy nosebleeds (Yarrow was sometimes even called “nosebleed”) or chewed for toothaches.

First Nations people also were known to take Yarrow-infused baths to treat ar-

thritis and muscle pain or use Yarrow compresses for headaches. Yarrow has been used as a remedy for cold, flu and various other ailments. Certain tribes such as the Ojibwa combined Yarrow with tobacco in a smoking mixture called kinnikinnick that was smoked during certain ceremonies like the sweat lodge.

Yarrow may be common but after taking it or any medicinal plant from the earth, tobacco is traditionally left in its place as an offering and a thank you. This ritual is usually accompanied with a prayer as tobacco is said to be the activator of all the plant spirits.

To make Yarrow tea, a tablespoon of dried leaves and flowers (the upper parts of the plant) can be steeped with one cup of boiling water. One to two cups of this tea has been said to help with digestive problems such as nausea and gas. Caution should be used when using yarrow in large amounts or frequently, because of its potency and potential toxicity when used excessively. Consultation with a doctor or naturopath is recommended.

It may be surprising to some that this weed-like plant has so many amazing properties. Yarrow has even been called “nature’s bandage” – and for good reason. 



CARA MCKENNA was born and raised in Edmonton, is of Cree heritage and is currently studying journalism at Langara College.

Ayurvedic M

by Neelam Toprani

Celebrate each day with Ayurvedic self massage. Among the most profound and effective healing modalities in Ayurveda is the application of therapeutic oils, called 'snehana'. The term snehana literally means "giving affection". According to Ayurveda, the holistic tradition from India, Abhayanga or Ayurvedic massage is an integral part of the daily routine recommended for overall health and well being.

It is a unique technique from India in which comparatively large amounts of medicated oils are applied to the body. Such massage helps to remove the accumulated stress and toxins in the mind and body, increases circulation to the nerve endings and promotes increased stamina throughout the day. It increases mental alertness and tones muscles and lubricates the joints.

Unlike massage oils used in the West, Ayurvedic oils are specially crafted medicinal substances that can be used both internally and externally. The traditional procedure to make such oils is a labour intensive process and requires the skill of a master Ayurvedic pharmacist who slowly decocts medicinal plants and other natural substances into heat-stable oils at low temperatures.

Ayurvedic herbs and botanical extracts recommended for skin and muscle-toning are selected and blended into a pure cold-pressed sesame oil base according to age-old methods using special clay fireplaces and pure copper vessels. The resultant oil is then filtered and transferred to another copper vessel for settlement. Once it is settled and cooled by natural methods, the oil is packed and has a shelf life of five to ten years without any addition of chemical preservatives.

These traditional oils are different from what many companies in the West currently market

as "Ayurvedic oils", which are nothing more than carrier oils that feature various essential oil blends.

Traditionally, sesame oil is used as base oil in a majority of the Ayurvedic preparations due to its antioxidant properties. It also has the ability to penetrate through the subtle channels of the body. At times coconut oil is substituted due to its palatability. However coconut oil is mostly used for external application oils meant for children as it is comparatively light.

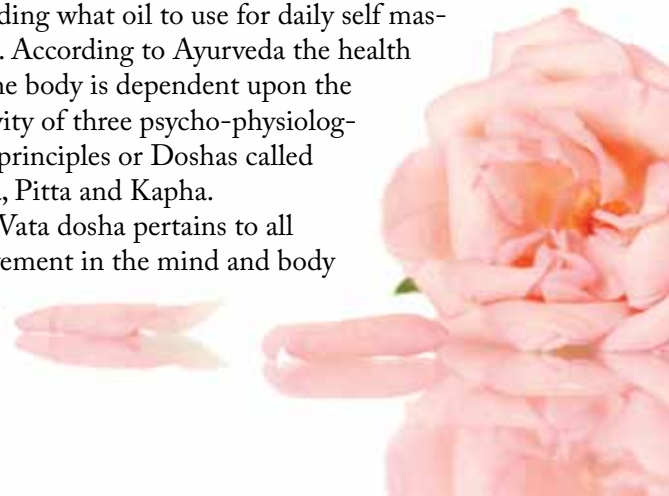
How does one use Ayurvedic oils in daily self care routines?

Dip your fingertips into the warm oil and apply it lightly to the entire body. Wait for few minutes and then apply even pressure with the whole palm and fingers to massage with circular motions over rounded areas such as head or joints and straight strokes on straight areas such as your arms and legs. Do not apply heavy pressure on sensitive areas such as abdomen or heart. Relax for ten to fifteen minutes after the massage and then follow with a warm bath or shower.

What medicinal oil to use for self massage?

It is important to pay special attention to the current state of health one is experiencing in deciding what oil to use for daily self massage. According to Ayurveda the health of the body is dependent upon the activity of three psycho-physiological principles or Doshas called Vata, Pitta and Kapha.

Vata dosha pertains to all movement in the mind and body



assage

and represents the element of Air and Ether. Vata is considered the leader of all three doshas so it is important to keep Vata in balance.

Vata is responsible for neurological system and motor functions. Imbalance is commonly expressed as mental and physical agitation: dryness of skin, sensitivity to weather and weakened digestion. Ayurvedic Vata oil prepared with herbs like ginger, Calamus or Costus nourish, calm and pacify the body and alleviate symptoms of dryness sensitivity and pain.

Pitta pertains to metabolism and transformation in the mind and body. Pitta represents the element of Fire and Water. It is responsible for metabolic processes in the organ and tissue systems in addition to cellular metabolism. Imbalance is expressed as skin sensitivity, anger

issues and excess heat, irritation and inflammation. Pitta Ayurvedic oil has a cooling effect to let excessive heat out of the body.

The last type of dosha is Kapha. Kapha pertains to structure and lubrication in the mind and body. Kapha represents the elements of Water and Earth. The body form and structure, inclusive of fluids, fats, muscles, bones and so on, come under Kapha. The imbalance is expressed as weakened circulation, body pain, weight issues, nasal and other congestions. Respiratory system is more prone to Kapha imbalances, which results into phlegmatic disorders. Kapha Ayurvedic oil with the herbs Bishop's Weed, Arjuna, Cardamom and Camphor help healing these disorders.

Individuals with more balanced health could use Tridosha oil to maintain good health. Ayurvedic treatments seek to balance our constitution with prevention and awareness of self. Let us all take the intelligence of the universe and match it with the intelligence of our own body for a healthy life. 🌿

NEELAM TOPRANI

is the formulator of Sewanti and Padmashri Ayurvedic products. One of the objectives of the company is to take the timeless wisdom of Ayurveda and translate it into practical solutions to improve the quality of life.

www.sewanti.com



Connecting Heaven and Earth

by Sabina Pettitt

In traditional Chinese medicine, health can only exist when there is balance between heaven and earth. All the yang meridians carry energy from heaven to earth and all the yin channels start from earth and rise towards heaven. If there is blockage or excess in any of these energy flows, the result is first dis-harmony and then physical illness.

I often think of trees when I contemplate this energy template. For sure, healthy trees are reaching toward heaven while being firmly rooted in earth and indeed bringing light and moisture from heaven to nourish the roots.

“Heaven is pure because of its tranquility, earth is at peace because of its stillness—everything alive that goes against this principle perishes and everything that masters and abides by it lives. What is silent becomes the abode of the illuminating spirit of the universe. Emptiness is where the Dao dwells.

It is common for people to seek to live this truth on the outside without holding it on the inside; or to grasp it on the inside but then not live by it on the outside. This is very much

like the relationship between the roots and the branches of a tree. If you approach matters from the root, there is not a single one of the 1,000 branches and the 10,000 leaves that will not follow along. Our spirit (jingshen) is thus inspired by heaven, while our physical form is given to us by earth.”

FROM THE HUAINAN
MASTERS (HUAINANZI):
“TEACHINGS ON JING AND SHEN”
(JING SHEN XUN), FL. 120 B.C.E.

Each of the three trees already in our repertory have very different signatures (material expression through which we can comprehend their attributes) but still demonstrate this energetic connection between heaven and earth.

Arbutus (*arbutus menziesii*) is a magical tree which completely changes its skin over a seven year cycle, just as every cell in the human body is replaced at different intervals in the same period. Its primary healing gift is to resolve homesickness and to nourish Spirit. Resonating with the Liver and Lung channels of TCM, it carries the

Earth – the Essence of Trees

memory of the intention of the journey of our Spirit in this incarnation (Liver) and provides us with the stamina and integrity to fulfill our mission (Lung).

Poplar (*populus tremuloides*) is like a thousand tinkling bells when the breeze caresses its heart-shaped leaves. Its primary gift is to help us to contact Spirit—that quiet place within us that knows what to do and where to go. It resonates with the triple warmer channel and through it keeps the network of energy and information in our body/mind flowing and connected.

Silver Birch (*betula pendula*) is like the great way of the Tao. It provides and demonstrates “strength in yielding”—a notion perhaps somewhat foreign to our western consciousness. Nonetheless most of us will have at least one occasion in life where we find that no matter how hard we push we keep hitting a brick wall. Silver Birch is for fertility and conception in the physical sense; it is also for the conception and manifestation of new ideas which help us to fulfill our Soul purpose.

In their own unique way each of these essences supports us to know and to fulfill our purpose. The message from Silver Birch sums up their potential.

I am soft in my strength. I yield to the wind.

I bend to the ice.

I move with the energy of “what is.”


I am the face of the feminine.

Let me show you how to be flexible in the face of challenges.

Let me show you how to dance the dance of life.

Let me impregnate you with the seed of possibility

in each new moment.

Let me show you how to tap into and fulfill the blueprint of your life. 

SABINA PETTITT,
*M.Ed., Dr. TCM is a
doctor of traditional
Chinese medicine, an
author and the co-
creator of
Pacific Essences®.*



Journeys of a Crystal Skull Explorer *with Joshua Shapiro*

Part I: In the Beginning –

A Definition of the Crystal Skulls, Some History and a Personal Introduction

Thanks to the fourth installment of the “Indiana Jones” films, many more people are familiar with what a crystal skull is, although I have to say, this movie did not accurately portray how the crystal skulls function. But the simplest definition I can give about what is a crystal skull, for those readers who didn’t see the movie would be:

A piece of quartz crystal which has been fashioned by some means into the shape of a human skull. The first publicly known crystal skulls were predominately discovered near or within ancient ruins of different past civilizations, predominately in Mexico and Central American such as Mayan, Aztec, Toltec or other Meso-american peoples.

Below are the personal crystal skulls that have adopted Joshua & Katrina, most of these crystal skulls are made by modern carvers. However, as we see here the skulls are being exposed to the energy of a special labyrinth located in North-Central Wisconsin which activates the energy of the crystal skulls. © Joshua Shapiro & Katrina Head





Above, the "Mitchell-Hedges Crystal Skull of Love" was discovered in Belize in 1924 by Anna Mitchell-Hedges inside a pyramid at the ancient Mayan site of "Lubaantum". This is considered one of the most powerful crystal skulls in the world. © Joshua Shapiro with Permission from Bill Homann, the guardian, taken after a study of the skull conducted in 2008 in Indiana on behalf of the Syfy documentary.

Now, however, this definition must be amended to include not just quartz crystals but any type of gemstone, as the modern carvers are creating crystal skulls using all type of stones. And today, coming out of China, Tibet and Mongolia are other skull faced stones (not just human) made from all types of gemstones. So a crystal skull is really a stone skull with a kind of human style face.

Today there are thousands of modern crystal skulls being created, mostly through carvers in Brazil and China but there are other carvers

around the world.

From a historical perspective, the first older crystal skulls surfaced in the 1800's mostly in Mexico and today some of these skulls are in Museums in Mexico City, London and Paris.

Through the International Crystal Skull Society, the first organization to make a serious study of the Crystal Skulls, founded by F. R. 'Nick' Nocerino, today we recognize three types of crystal skulls:

- 1) Modern or contemporary – made by the



Here is Joshua at the British Museum in London, England sharing the energy of his personal crystal skull "Portal de Luz", smoky quartz made by a Brazilian carver in 2008, with the British Museum Crystal Skull which has been on display since 1897. It was the first human size crystal skull ever on public display. – © Joshua Shapiro

carvers living today

2) Old – crystal skulls made over 100 years ago

3) Ancient (or we use the term “Very Old”) – created at least 1,000-2,000 years ago and which could be much older (hundreds of thousands of years or more than a million)

There is a fourth category of crystal skulls we have had contact with, which we call an Appointed Crystal Skull (we actually have one), from the word appotation – an object materializing physically apparently from nowhere.

Examples of Old Crystal Skulls could be those which are on display in the British Museum and the Paris Crystal Skull in the Musée du quai Branley near the Eiffel Tower in Paris. Crystal skulls considered ancient include the Mitchell-Hedges Crystal Skull (discovered in Belize in 1924), Max (discovered in Guatemala in the 1920s) and “ET” (discovered in Guatemala in 1906). Each of these last three is human-size or larger with the Mitchell-Hedges skull being comprised of two pieces, with a separate lower jaw.

So from a historical perspective, the crystal skulls first appeared in the 1800s. But as of this time, the people who have been working with the crystal skulls and doing research are not professional people at all but usually spiritually orientated individuals who feel a past life connection with the crystal skulls and inwardly sense a higher purpose which the crystal skulls represent and how they help others.

Crystal Skulls discovered so far are considered to be a mystery because we do not fully understand where they originated from. Some of the skulls are of such a sophisticated design that it’s hard to believe they were created by an indigenous people who had no technology. Could they be the gifts of the Gods or could they have originated in advanced civilizations in the past, like Atlantis or Lemuria?

On a personal note, for me it all started in 1983, when I was visiting a friend who had a bookstore in San Jose, California. I was discussing with her my first book, “Journeys of an Aquarian Age Networker”, when she pulled out a photo of an Amethyst Crystal Skull in whose presence she had been. This crystal skull later

become known as “Ami” which means friend. While looking at the photo I felt a strong shaking inside (like an inner earthquake). About half an hour later there occurred a real earthquake with the picture of “Ami” vibrating on the table. In this moment came to me the realization that crystal skulls were here to assist humanity to create world peace.

Since 1983, I have traveled the world, meeting many other crystal skulls and writing. I met Katrina in Atlanta in 2009 and now together we have sixteen crystal skulls of our own. We help others find their own crystal skulls and do private sessions with what we call our crystal kids. We continue to offer public talks and workshops, media interviews and we do a world peace meditation with the crystal skulls on the 13th of each month at the 13th hour. ☮



JOSHUA SHAPIRO and **KATRINA HEAD**, the crystal skull explorers, live near Renton, Washington. Joshua is the co-author of “Mysteries of the Crystal Skulls Revealed” (with Bowen and Nocerino); author of “Journeys of the Crystal Skull Explorers”; and with Katrina the co-author of the Travel Log series of e-books. Joshua and Katrina travel the world sharing information about crystal skulls as well as engage in paranormal research with the skulls when opportunity presents itself.

They can be contacted by email at: crystalskullexplorers@gmail.com or visit their website at:

www.crystalskullexplorers.com – they offer to the members of our publication a copy of their free e-book and online newsletter which can be found on their website. They are releasing some new e-books, an introductory one and a search for a crystal skull in Peru.

Laundry: Putting It All Part 1 – Washing

by Lara Engst

What image comes to mind when you think of fresh clean laundry? Perhaps it's similar to what we've seen in commercials; pulling warm soft laundry from the dryer and lifting it to our noses to take in the fragrant smell. From watching those commercials we know that to achieve this soft delightful smelling laundry we use laundry detergent and dryer sheets, and probably fabric softener and then some bleach and stain remover from time to time. But what if all of these products, yes all of them, weren't actually cleaning your clothes or making them smell better? What if this was all an illusion and the price you had to pay to live with this illusion was your health and the health of your family?

Detergent, such a dirty word! Detergents are packed with toxic chemicals, some of which are listed; but since there is no law in Canada that requires consumer product manufacturers to disclose all of their ingredients, well, they don't!

These toxic cocktails have been linked to cancer, developmental disabilities, hormone disruption, depression and hundreds of other health issues. One such chemical which is found in nearly every detergent is sodium lauryl sulphate (and sodium laureth sulphate). This chemical alone can cause irritation of the skin and eyes, organ toxicity, developmental or reproductive toxicity, neurotoxicity, endocrine disruption and cancer. This chemical is found in virtually every product that lathers, including your shampoo, despite the fact that Health Canada categorized it as a "moderate human health priority".

Maybe you're thinking, "sounds nasty, but they work so well."

But do they? Your clothes come out smelling nice, but most of those odours they went in with

are still there, masked by strong smelling perfumes and fragrances. Those chemical detergents that claim to "brighten" your clothes with optical brighteners are only leaving another toxic residue on the surface of the fabric making your clothes look brighter. In the end all you're left with are clothes that are scented and appear to be cleaner, but as you hold them close to your skin and inhale that "fresh" scent you are simply absorbing those chemicals through your skin and airways.

So what does this leave us with? I would like to tell you it's as easy as picking up the "natural eco-friendly" bottle of detergent, but sadly most of those products still have harmful chemicals. But wait, don't give up! There are many fantastic products and companies that we can turn to. It's time to turn to the real innovators; the companies that are bringing back some very old ideas or thinking up new ones using simple and safe components. Here are some great products that I use to do my laundry. I encourage you to give these products and others like them a try. Once you make the switch, you'll never go back!

Soap nuts



I get my soap nuts from a Canadian company called Earth's Berries—appropriately named since soap nuts are technically a fruit, making them hypoallergenic. Soap nuts contain a high concentration of foaming "saponin" and have been

used for centuries in Southeast Asia, emerging in Europe decades ago. For me they have cleaned what I thought uncleanable and have left my clothes feeling soft (they replace your fabric softener too) and odour free. These little gems rinse clean leaving no residue on your clothes and no

On The Line

In our next article we will cover what goes in your dryer. And check out our blog (www.TrueGreenSpirit.com) on tips for removing stains and brightening your whites.

harmful substances in our water systems. And to top it all off they cost as little as 5 cents per load.

Laundry ball




Not to be confused with a dryer ball, this laundry ball by SmartKlean is a detergent free solution to be used in the washing machine. This product is really hard to wrap your head around at first, but it truly does make sense and it works. The idea is that water is what truly cleans our

clothes and that detergents chemically create this effect. This ball does the same thing but on a physical level with ceramic pellets that are contained within the ball.

These ceramic pellets are made up of an assortment of minerals that perform different tasks such as raise the PH level of the water

allowing it to penetrate your clothing and lift and rinse away dirt and odours. This product is also surprisingly economical as it can last for 365 washes. I don't find this product works quite as well as the soap nuts on the very heavily soiled loads, but I definitely recommend having one on hand as it works just as efficiently in cold water as it does warm and can be used in tandem with the soap nuts if you have something especially stinky (i.e. my load of cloth diapers).

What's great is that neither product will harm you or the environment. 

LARA ENGST, BA, is a new mom who has decided to put her inherent analytical skills to good use in order to live a happy and healthy lifestyle with her family. She is currently focusing her research towards natural products for a healthy home.



In the Smoke from my Fire: Baby Coho

by James Henry Spencer

In January our little salmon hatchery on Salt Spring Island received 5,000 fertile Coho eggs. We place these eggs in two trays that are constructed in such a way that water can flow through them without losing any eggs. It is my job to check them every day, to ensure that the trays are cleaned of any foreign matter, the temperature is correct.

This water is piped from a small stream a few hundred metres from the hatchery. This source of water is not dependable, so there are two other sources that depend on pumps and tanks. Also any infertile eggs must be culled. After a few weeks, two eyes appear in the eggs, then as time passes little fish wiggle out, with the egg sack attached to their tiny tummy.

This process has taken a few months and I am beginning to bond paternally with these little creatures. Next they go into tanks containing several hundred litres of flowing water and they must be fed twice a day. At this stage of development they are ravenous. The tank is covered with wire screen to discourage predators. After a few weeks they are released into a stream that flows near the hatchery and, instead of the nursery being finished, the most challenging and interesting phase is just beginning.

The stream is only adequate to support so many small salmon, so they must be fed everyday. They soon get to recognize my step and they come to greet me, but when a stranger is with me they are shy. They live in two pools that are pristine and shaded by beautiful trees.

But the even tenor of this pristine situation is interrupted by Mr. Beaver. He is a grumpy old bachelor who is determined

to stop the flow of water in the creek which, in turn, will kill my little baby Coho salmon before they start their journey to the sea in a few months time. So every day I feed the fish and try to outsmart Mr. Beaver, then record the day's activities in the log book.

We tunnel a four inch pipe under the dam, Mr. Beaver plugs it with mud. So we put a bucket over the end of the pipe and Mr. Beaver blocks the bucket. When I reach down with a four foot long, four pronged rake, I find that



Who, Mr. Beaver and Me

he has not only used roots, sticks and mud, but expressed his opinion by pooping in the bucket.

Next I install a three inch pipe on one side of the dam, about four inches from the surface of the lake water. Next morning I find he plugged #1 pipe and lifted the end of #2 pipe out of the water and propped it up with sticks and stones.

I put another four inch pipe through the dam, extended six feet out and one foot under water and weighted it down with stones, next morning all three pipes were plugged with grass

roots and sticks. Only a trickle of water was going down the creek.

So I cunningly put 90° elbows facing down on the under side of the submerged ends of the three and four inch pipes. Next morning the two and four inch pipes were plugged and the three inch elbow was turned up so it sucked air, and the creek was nearly dry.

After this, I put in three one-and-a-half-inch pipes. Next morning Mr. Beaver cut the pipes and used them in the dam. He also pulled out the two elbows and used them for dam material too.

At this time there is a stand-off between Mr. Beaver and me. He blocks five pipes with sticks, mud and roots and I clear all of the above every morning. I have not come up with another cunning plan to foil Mr. Beaver and he still expresses his opinion of me daily. ☹️



JAMES HENRY SPENCER is a descendant of Mary Ebbits of the Tlingit Tribe. He has found a place of peace and harmony and strives to share that with anyone in his energy field.

On Struggling

by Vince Pollitt

Struggle up the Iron mountain
Cherry blossoms in Spring
Struggle down the Iron mountain
Buttercups in Summer

It seems I have always struggled in one fashion or another. For years I felt as the salmon must, swimming upstream and finding every boulder in my way. It wasn't that I didn't survive. In my own unique way, I survived in spite of myself. The difference between the 'me' now and the 'me' twenty plus years ago is that now I realize that the human experience is to struggle in the never ending quest for happiness. And we humans struggle like nothing else in this wonderful universe.

Not long ago I had one of those amazing "aha" moments, a revelation that hit me like a spiritual two by four. I already knew it intellectually but this understanding had yet to truly make it into my bones and marrow. Personal transformation does not come through internal struggle. Transformation evolves from an ever expanding awareness, an awareness that is beyond judgment, commentary or expectation; an ever-widening vision that is beyond you and me, beyond human ideas. This awareness blossoms from a place of internal silence, manifesting in selfless universal communion. Transformation comes from letting go both internally and externally, leaving behind any sense of self, personal agendas and egoistic beliefs, in favour of an ever-expanding non-judgmental and loving outlook.


My small awakening occurred after an altercation with another driver. Driving can be such a passionate experience. As this whole wonderful learning experience unfolded I became increasingly myopic, my vision narrowing with every word that passed our angry lips. I was like a work horse with blinders. As things escalated, I even managed to forget that my daughter was in the back seat. My awareness was completely imprisoned by the struggle for vehicular domination.

Later it dawned on me that my days are truly

filled with angst and that, with every hurdle I create in my head, my vision narrows. She loves me, she loves me not: struggle. I should get up now, but I want to stay cozy in my bed. I should have a shower, I would prefer a bath. I want this meal, that meal is healthier. More struggles. I sit on my cushion, my mind very active, it should be silent. That person should drive like I do, no tailgating. I should just drive, mindful. My mind creates a rollercoaster of shoulds and shouldn'ts, wants and not-wants, likes and dislikes, this over that, that over this.

I must let go of duality, the struggle; simplify the endless choices; expand awareness; be nonjudgmental and simply watch. Inner silence abounds and deepens. Serenity and contentment walk hand in hand. Every time I choose, I deny something else. I must surrender my self, to know life in every breath, in every cup of tea.

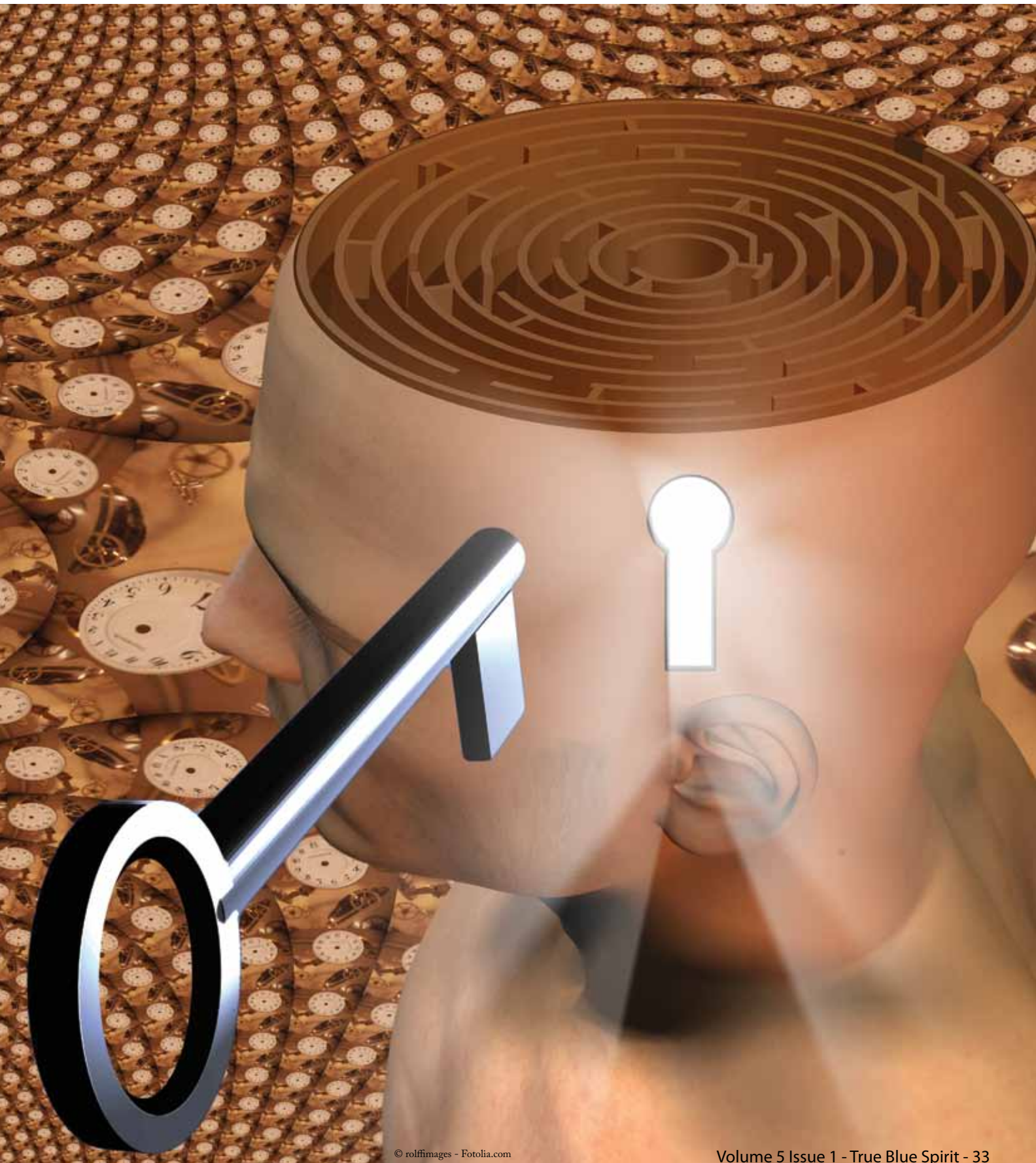
What happens when I stop struggling? Well, for starters, "I" stops being important. This is not a loss. There is simply the realization that there is nothing to hold onto that is truly tangible. There is no self-centered agenda that holds a lasting meaning. Everything is transient, rising in and out of being, especially me. There is the awakened understanding that all the beliefs and truisms that colour and shape one's actions, have been ephemeral.

By watching my emotional response to the influences within our universe, I can recognize my self-serving agendas. Then it is possible to start letting go of all those internal goals. What is left? Gratitude and compassion. My focus then naturally turns outward towards the unconditional love of humanity. 

VINCE POLLITT and his wife Robyn live on Vancouver Island. Vince combines almost three decades of Zen training and spiritual studies with passions for music, painting and writing. As a spiritual coach, he specialises in Reiki based pranic healing.



Searching for Serenity



Franki

by Heidi Nielsen



Lobelia's Lair
Metaphysical Treasures

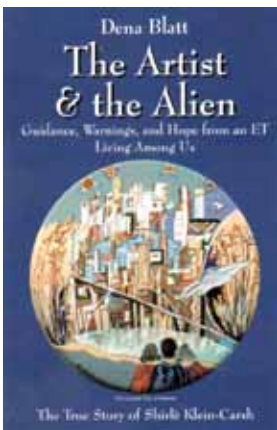
Tools for your...
Intuition,
Meditation
& Inspiration!

★
Intuitive Readers
Daily

#8 - 321 Wesley St., Old City Quarter, Nanaimo
★ 250-753-5440 ★
www.lobeliaslair.com

The Artist and the Alien by Dena Blatt

A contemporary source of wisdom
and spiritual insight



*“The only way we can help-
mankind is through truth
and the truth is that life’s
about love.
God is love.”*
—Frank.

The true story of Shirle Klein-
Carsh, befriended by Frank, a
remarkable teacher from the
planet Sirius.

To order a copy visit her website
www.denawrites.com
or e-mail denawrites@comcast.net

Frankincense *Boswellia thurifera* also known as Olibanum is a small desert shrub with thorny branches, white or pale pink flowers and grows in dry mountainous conditions.

The harvesting of frankincense is quite laborious. The best quality frankincense is taken from the third harvest of the tree. The gum resin is obtained by making small incisions into the bark. All parts of the plant especially the bark contain resin. The name Olibanum comes from the Arab word “al Luban” which means milk, referring to the milky sap which leaks from the incision. After three months the hardened resin is scraped off the trunk of the tree and sorted into different qualities, the resin to be distilled for essential oil is still sticky inside, containing a higher concentration of oil. This sap/resin is then steam distilled to obtain the essential oil of frankincense.

In ancient times every part of the tree was used. The bark could be infused to make a cleansing tea and powdered bark was stored as a “ready to prepare” ointment or paste made, by adding water, for dressing a wound or burn. Frankincense bark was also used as an antiseptic wash to clean dirty wounds and infections of the skin. Frankincense is a healing emollient for dry skin and is very effective in soothing dry coughs or congestion, due to its moistening and balsamic properties.

Burning frankincense as an incense has been a sacred practice used for centuries in religious ceremonies and for meditation because of its grounding and sedative properties. It is well known for calming the nerves and is very useful



© silencefoto



Shanti gifts
for Body, Mind and Spirit

Mystical, Magickal, Meaningful
gifts for all ages

#3 - 4330 Sunshine Coast Hwy.
Wilson Creek Plaza, between Gibsons and Sechelt
604-885-1910
www.shantigifts.ca

Incense

for states of nervousness and tension, easing shortness of breath especially in response to anxiety.

Religious history tells the story of the Three Wise Men bringing gold, frankincense and myrrh as a gift to baby Jesus. At one time, frankincense was actually more valuable than gold. Frankincense, being an ancient and traditional scent is also known for healing past wounds and traumas with its rich, clean and balsamic fragrance.

Some of the ways I love to utilize Frankincense is by applying it to the soles of my client's

feet during a treatment. I have found this to be quite effective to help ground people if they are nervous or anxious during a massage.

To make a Frankincense salve for the body:

Prep your 100ml glass jar with 25 drops of frankincense.

Melt 10 grams/10ml of grated bees wax into ¼ c. Jojoba oil in a double boiler.

Pour the melted liquid into a 100 ml glass jar over the Frankincense (no need to stir).

Allow your salve to cool and solidify before dipping in (within the hour).

This simple and lovely salve is an all-purpose healing ointment and is useful for minor skin irritations, as a meditation anointment on the third eye and to soothe a dry cough when applied directly to the chest. It can also be used as a moisturizer for dry skin. 🌿



HEIDI NIELSEN is a certified aromatherapist with the East-West School for Herbal & Aromatic Studies & The Pacific Institute of Aromatherapy. She is a holistic massage practitioner and a mesa carrier in the Andean Shamanism tradition.



www.fromnaturetonaturearomatherapy.com/

Heddy Wyn  Essentials

THE GOLD STANDARD

New Radiance Tamanu Oil
Problem Skin? Nature Provides

Wild Oil of Oregano
"Let food be thy medicine,"
Hippocrates

New! Fresh Face

100% plant based facial creme
with Tamanu and Sea Buckthorn Berry
Repairs and Rejuvenates your skin

Available at Fine Health Food Stores
www.wildoiloforegano.com / www.wildtamanu.com



Animal Whispers

Bridge the gap of communication
between you and your animals.

250-386-2807
Stephanie McColl



www.animalwhisperer.com



STARZOLOGY

Astrology with heart



Alison Price
Professional Astrologer

Alison Price

Professional Astrology Teacher, beginners and intermediate.
Vancouver, BC, Canada

in person, Skype or distance learning

www.starzology.com

Personal and Professional Life Coaching

for those desiring more depth, increased awareness, joy and balance in their lives.



Release limiting beliefs and negative emotions,
embrace the future you want to be in.

FREE CONSULTATION with Christina Knighton,
Certified Life Coach, Master NLP Practitioner,
Agent of Conscious Evolution, Hypnotherapist.

www.knightonconsulting.com

"I would recommend personal coaching to my patients
who are facing challenges in their lives. Christina has a
positive, open style of communication; she is wise,
down-to-earth and warm. ~ Dr. Mary Winder, B.Sc.N.

250.751.5851



BlueApples.ca

Visit the website for Elfstar Jewelry and more!...



ELFSTAR JEWELRY

www.blueapples.ca

The Story of a Poem

by Maureen Garbarino

What is a poem? A poem is a gift. It may begin as a series of words that have a musical quality and keep repeating themselves over and over again in our heads. Often, when those few words are put down on paper, other words will appear to join them. It can happen when we least expect it and, if we fail to write down what we hear, it is soon gone, never to be retrieved.

Around 1990 I developed a rare auto-immune blood disorder for which there are no specific treatments and no known cure. Different doctors tried various treatments without much success, and I was hospitalized numerous times. It was on one of these occasions when I had returned from a stay in the hospital and was feeling particularly discouraged by the lack of any positive prognosis that this poem was born.


I had been asleep for a while and woke up feeling teary and hopeless. The room was dark and I felt very much alone. Then suddenly there seemed to be a warm light around me and I felt as if I had been gently lifted up and was being cradled in the curved palm of an enormous hand. The poem came to me verbatim. I sat up and wrote it down just as it was given to me. Here is the poem:

The Source

We seek the light in its reflection,
the river's source along its shore.
We have a map but no direction,
know the game but not the score.

I looked for love in all the wrong places
in all the wrong faces;
I wasted my time.

Then you came and found me;
your presence surrounds me
with radiance divine.

A poem can be our response to an astonishingly starry night or the sound of a flute being played in the distance. It can result from being exposed to new and stimulating ideas or sensory experiences and it can put our thoughts into words in ways that surprise us. Although a poem may come as an appreciation of the experience of beauty or joy, it can also arise from a place of grief or despair. That was my situation when this particular poem came to be. 

MAUREEN GARBARINO,
a retired community college writing instructor, has published two books: "Images/Explorations", a collection of poems and sketches, and "Reflections", a series of biographical essays. She also paints in acrylics and shows her work in Victoria, where she now lives.



How to Reverse Arterial C

by Dr. Lee Know

I'm very excited about writing this article because there is some amazing new human data on vitamin K2's cardiovascular benefits. Even more exciting, True Blue Spirit readers are among the first to know about this since this data is so new, it hasn't been published yet.

At the Vitafoods convention in Geneva in May 2012, Dr. Cees Vermeer, at VitaK laboratory (of Maastricht University), presented new data showing significant benefits for improved bone strength and prevention of cardiovascular aging with daily supplementation of natural MK-7 (a specific form of vitamin K2, which is relatively easy to find in health food stores).

In the study, 244 healthy postmenopausal women received 180 µg of MK-7 daily, or placebo, for three years. The clinical endpoints included bone mineral density, bone strength and vascular characteristics measured by ultrasound and pulse-wave velocity (PWV, which evaluates age-related stiffening of blood vessels—an indirect measurement of arterial calcification).

However before I get to the results, I need a quick review. In a previous True Blue Spirit article, I talked about arterial calcification. It's the term used when calcium gets deposited into the arteries, and the reason why you may have heard of some studies that link calcium to an increased risk of heart attacks.

This can happen when there is not enough vitamin K in the body, since it's vitamin K that tells your body where to put all that calcium you've consumed (we want it in the bones, not

the arteries). Now, with a greater understanding of vitamin K's importance in bone and cardiovascular health, scientists are studying this closer and consistently finding that the vast majority



of the population is not getting enough of this essential nutrient to prevent calcium build-up in the arteries.

Arterial calcification is now considered one of the best predictors of a “cardiovascular event” (like heart attack or stroke)—a better predictor than your age, family history, cholesterol levels, blood pressure, etc. So having little calcium in the arteries is one of the best things you can do for your cardiovascular health and it's vitamin K that's responsible for this (in doing so, vitamin K

Calcification

also helps ensure calcium gets deposited in the bones, where it belongs).

Now armed with this background information, let's get back to the study at hand. What this new study found was that after at least two years of MK-7 supplementation, the bone-related benefits included a statistically significant protection of the most vulnerable bone structures (vertebrae and the hip), and a clinically relevant improvement at the site of the femoral neck.

With respect to the cardiovascular benefits, the study showed MK-7 provided substantial benefits in preventing age-related stiffening of arteries, while the placebo group saw an increase in arterial stiffness.


However, the most amazing finding—and the whole reason I'm writing this article—was that this dose of MK-7 not only prevented stiffening, it also resulted in an unprecedented statistically significant improvement of blood vessel elasticity! Of course, based on the mechanism of vitamin K's activity, this implies that pre-existing calcification in the arteries was reversed.

Previously, the benefits of vitamin K on bone and vascular health had been demonstrated with "pharmacological doses" of synthetic forms of vitamin K (as MK-4) of up to 45 mg daily (note 1 mg = 1000 µg). Remarkably, the effects of MK-7 at 180 µg/day were even more pronounced than those in trials using a high dose of one of the synthetic forms of vitamin K.

From previous studies on vitamin K, we knew that as long as we consumed enough of this nutrient, we can slow or even stop the progression of arterial calcification. However, the results of this study now provide us with real-life

human data that shows we can actually reverse pre-existing arterial calcifications (which was previously only seen in an animal study).

So now we have "proof-of-concept" showing we can reverse the best predictor of heart attacks and strokes. This is a huge step in our quest to reduce cardiovascular morbidity and mortality. Of course with any scientific study, results need to be reproduced before we can say with a greater degree of certainty that this is really going to work. But taking into consideration previous studies (including animal studies), the evidence is strong enough that I've started to take at least 180 mcg of MK-7 daily.

How can you get 180 mcg/day of vitamin K2? While it's easily achievable through the diet in some parts of the world, for those consuming a Western diet it'll be near impossible without supplementation. Fortunately, your local health food store has many options available as capsules, tablets and now even liquid products. 

DR. LEE KNOW, ND, is the recipient of several awards, and has held positions as a medical advisor, scientific evaluator, and director of R&D for major organizations. Visit www.KnowGuff.com to stay entertained with latest nutrition and health research.



"DISCLAIMER: The information in this article is for educational purposes only and not to be construed as medical advice. It is not meant to diagnose, or in any way replace qualified medical supervision. For any medical conditions, consult with your health care provider before using any products."

alison skelton B.F.A.
victoria, bc, canada

SoulCraft Creative Consciousness Services

Shamanic Practitioner
Tarot Divination
Spiritual Healing
Soul Retrieval, Classes & Workshops

250-380-1479

www.alisonskelton.com

INFINITY - GIFTS FOR YOUR SOUL



A calming atmosphere with unique gifts
Crystals - Jewellery - Salt Lamps - CD's and more
call or email for Weekly Events

124 Craig Street - Parksville BC
250-586-6449 www.infinitygifts.ca

Serenity

www.serenitygiftstore.com

Gemstones Jewelry
Essential Oils Feng Shui
Candles Yoga &
Himalayan Salt Products Meditation Tools

and much more...

INNERGLOW
WELLNESS CENTER

"When You Are Sick & Tired of Being Sick & Tired..."
Naturopathic Treatment For Relief From Chronic & Degenerative Disease



- Acupressure
- Colonic Hydrotherapy
- Diagnosis
- Hair Analysis
- Iridology
- Nutritional Consultations

#60 Cavan St., Nanaimo
250-619-9106
www.innerglow.ca

If Only He

by Stephanie McColl

Tonia's three year old Schnauzer, Bailey, is suffering from anxiety when going on walks and an obsessive behaviour of licking his paws feverishly until they became raw. The vet put him on antibiotics, cortisone and Elavil, and still not much change had occurred in his behaviour. A trainer also came to give him an assessment and said that either he is extremely anxious or there is something amiss in his brain, as he can't or won't learn anything for treats.

Tonia wrote to me, "It breaks my heart that this wonderful creature appears to be suffering so. We try it all, extra attention, the "right" food, and so on. We want a long happy life for him. If only he could speak."

Here are a few of the things Bailey shared with me in my communication with him. I asked him what was causing him to feel anxious and immediately I felt a wave of sadness coming from him along with this message, "My fur".

I asked him to elaborate and he explained that his bangs were too long and he couldn't see properly and that this was causing him to feel fearful and anxious. I next focused on the sadness and he sent me a verbal statement that this is when his Mama had died. I also received from him that his emotional body was very stressed and disproportionate to his other bodies.

I gave Tonia a few tools for assisting Bailey and herself to ground their energies and to visualize him as being calm and relaxed and not to react to his howling or barking. Bailey is very sensitive to how Tonia is feeling and reacts accordingly.


Bailey said that when he licks himself excessively it is his way of releasing his tension and anxiety. For this behaviour I recommended use of the Bach Flower remedy Crab Apple as well as Rock Rose. I also suggested that he may be going through a bit of a healing crisis as his food



Could Speak

had been switched recently to a better quality. Animals as well as people can experience a healing crisis when diets are changed as the toxins are trying to be released too quickly. I suggested going more slowly and to give him a low dose of Milk Thistle as this would assist his liver to detoxify and help with his itchy skin.

Lastly I encouraged Tonia to work with her other dog, Candy, and to re-teach her the “rules”, since Bailey looks to Candy as his mother and does as she does.

With patience, relearning, love and some grounding, I believe that Bailey can overcome his anxiety and licking issues and live a long and happy life. 



Dear Readers,

Many of you may have been wondering how a “reading” with an animal communicator can assist you and your pet.

I am asking you, our readers, to send me a photo of your pet along with a specific issue or concern that needs to be addressed.

I will then “talk” with your pet by connecting with them through a heart to heart connection or from one spirit to another, and together we will discover the underlying causes of their issue. It is helpful to me that as much information as possible be given regarding the matter. For example, the age, breed, sex and specific markings of the animal. Ask a precise question and let me know how long the issue has been going on or when it first started. One case will be chosen to appear in each of the upcoming issues of True Blue Spirit.

I look forward to assisting you and your pets to live a happier, healthier life together.

To submit your pet for a reading, send your pet details as noted above, your question and a photo:

By mail Attention Stephanie, True Blue Spirit
PO Box 17, Gabriola Island, BC V0R 1X0

By email Publisher@truebluespirit.com
Attention “Stephanie” in subject line.

STEPHANIE MCCOLL is an animal communicator and reiki master who has been working with animals since an early age. When she isn't working her magic on animals, she focuses her energies towards helping people live natural and healthy lives. You'll find her managing Lifestyle Select in Sidney, B.C.



Judgment: *The awakening thre*

by Alison Skelton

*I*n the Tarot card called Judgment the waters of the collective consciousness that began flowing from the robe of the High Priestess have finally reached the Mother Sea. In this archetypal image we encounter the vast uterine abyss from which the universe is born and reborn.

Newly awakened humanity rises from the floating coffins supported by the waters of life. They emerge, enlightened from the womb of consciousness, awaiting Judgment. The Norse words for boat, cradle and coffin are the same and their tradition is to send their dead into the womb of the sea to be reborn.

Gabriel the angel of water is blowing his trumpet. The seven lines coming from the trumpet's mouth represent a complete musical scale, each note of which corresponds with the vibrations of our chakra system. The sea is vibrating in sympathy with the sound and the subconscious is now resonating with the complex synergy of this spiritual vibration.

The complexity of this fluid of life becomes evident as we are shown clouds, waves, glacial ice and pristine snow. Ice represents the crystalline solid form, clear in its pure state, yet still mysterious. Yet, just as icebergs expose only a fraction of their mass above the water, so the mysteries of the subconscious are only ever partially revealed. The snowy peaks indicate pure heights of abstract thought which rise above our perceived restrictions, bringing freedom.

Like the last trumpet in the biblical story, the trumpet's blast liberates us from the tombs of all earthly limitations and belief systems. Through Spiritual Love we are reborn, naked and free of egoic constructs. There is no attachment to social position, external identity, age or gender difference. All expressions of life are equal in the eyes of Spirit. This rebirth is akin to the "re-mem-bering" stage of the dismemberment



visions common in Shamanic initiatory experiences.

We can only judge something accurately if we have a balanced and clear consciousness and are open to all perspectives and layers of meaning. This requires us to rise 'naked' from our restraints and embrace our pure state of being. The solar red cross on the trumpet is a symbol of wholeness and the balance of forces. The spiritual plane and the physical plane are joined in an harmonious equilibrium. Masculine and Feminine are united in balance.


We have arrived at a threshold and must assess the fruitfulness of the journey and prepare for the completion of the process. Here is our opportunity to re-create the Self through radical transformation.

Threshold

A threshold is like an opening in the cosmic veil which is encountered at times of seasonal and personal transformation. Crossing through the veil, we move further into (or out of) our previous states of being.

A Shaman enters into an altered state of consciousness, which can look much like death, and journeys to 'non ordinary' reality where spirit guides and power animals can communicate with her. She can also converse with the souls of the dead and help them to pass over into the light.

Before one may cross a spiritual threshold, there must be an initiatory experience and an assessment of readiness and worthiness. Those who are true to their inner spirit have nothing to fear from Judgment. When we have passed the test we are redefined and renewed and if you didn't 'get it' you can't fake it.

Any time we are nearing completion of any process, experience or journey, we experience an internal or external assessment. The exam is written, time is up, and we have done our best, so relax and let it be. Creative Consciousness means being fully accountable and responsible for our power, and our actions. If we have mastered integrity and have learned to honour our word as our Selves, then we can chose our own rebirth, day after day. 



ALISON SKELTON has been reading Tarot for 30 years. She teaches classes in Creative Consciousness and psychic self development. She is a Shamanic Practitioner and Spiritual Counselor. She may be reached at: transform@alisonskelton.com

Worthwhile Reading

The Awakening Human Being

A Guide to the Power of Mind

by Barbara Berger

Are we on a never ending search for happiness in this life? In the Awakening Human Being, Barbara states, "Our experience of events is a result of our beliefs and our interpretation of whether these happenings are good or bad, happy or sad, right or wrong. That is all we are experiencing".

Barbara explains how the mind works and your experience is really your interpretation of what is going on.

This book gives us eleven mental laws which will help to explain the workings of the mind and then give us focus tools to help us use the mind more wisely. From beginning to end this book will open your mind to all the possibilities you possess. A great book that has personally helped me in reevaluating the power of my mind.

Books reviewed by Allen Engst



Health and Vitality

**105, 19610 - 64th Avenue
Langley, British Columbia**

Community oriented Healing Centre
featuring a team of
highly qualified practitioners.
Services include Ear Acupuncture-Art
Therapy-Channelled Healing-
...and much more.

604-530-8840

- Infrared sauna
- MRS-2000 electro-magnetic pulse field therapy
- Alkalizing ionCleanse footbath

Detoxify...

Enjoy life to the fullest with a body free from toxicity. We use the latest technologies to release environmental and foodborne toxins. Call us today to book an appointment, then look forward to a cleaner, healthier you!

Finlandia

PHARMACY & NATURAL HEALTH CENTRE

www.finlandiahealth.com

1.800.363.4372 toll free
604.733.5323

1111 West Broadway, Vancouver

Wild

by Maryanne Campeau

I appreciate the opportunity to work with all wildlife but truthfully, raptors are my favourite.

Owls fascinate me most. Their unique feather serrations allow silent flight. Impressive 270° head rotations are courtesy of their fourteen cervical



vertebrae (compared to our seven). They are skilled hunters and attentive parents.

The word that comes to mind when I think of owls is dignity. I'm not sure why. Owls are master concealers of fear. Not unusual for wildlife, in their eyes we are their foremost predator.

The first Great Horned Owl I treated years ago needed an extraordinary number of essences for fear. Wow, he looked so nonchalant sitting motionless, staring at me. It was a good lesson on the limitations of viewing another species through the lens of human (mis)understanding. Surfgrass, Urchin and Poison Hemlock are a few essences for softening heightened, paralyzing fear.

ldArc

"In the best interest of wildlife, do not feed or treat them yourselves. Special licensing and training is required to legally contain and treat them. The complexity of their needs is beyond the scope of the caring public. Call your nearest wildlife centre if you find injured or orphaned animals. Support wildlife rehabilitation through centres like WildArc."

Sometimes the diminutive Northern Pygmy Owls, larger Barred or others will clack-clack-clack their beaks to bluff-scare me off. I often use Balancer™* first to lower the stress my presence creates before their reading. A reading is done to determine the best essences for the individual animal at that particular time. There are various methods that can be used, I prefer dowsing with a pendulum.

Many of the owls arriving at WildArc have been hit by cars. That innocent apple core thrown out of a window can cascade into pain and suffering. Small rodents are attracted to road-edge feeding. Sky hunters opportunistically descend when spotting easy prey. It's the way the food chain works.

Fast moving vehicles create a chaos of wingtips and talons. If not fatal then fractures, head and spinal trauma, soft tissue or internal organ injury. All from a discarded piece of fruit. Please educate others on the disastrous consequence to wildlife of food tossed from vehicles.

Owls are becoming the inadvertent victims of rat control with rodenticides like warfarin. Recent results from a Canadian Wildlife Services study were released at the 5th North American Ornithological Conference. All the owls tested had evidence of these products in their system and it was considered the cause of death.

As I write, we have a family of Barn owlets in care. Their parents chose a ventilation aperture in a warehouse to nest. Re-nesting wasn't possible so they are here until a releasable age.


The first born fledgling, had already lost its downy appearance and definitely had the look of a small adult. The other two arrived all newborn frizz, fuzz and feet. First born was highly stressed and refused to eat. Over the course of his readings, two essences stood out. Douglas Aster resonates adaptability. Everything in this owl's world had changed and he needed help adjusting.

Starfish is a grief essence. Opening up instead of shutting down. Letting go of the past and moving forward into what life presents.

All three owls are growing and healthy. First

born is still the most wary of us. That's OK. It isn't about making friends but supporting their natural instincts and leaving their wildness intact.

For wildlife, going home isn't just about being released where they were found. It's returning to a state of being, expressing who and what they are in the fullest sense.

Owls hold mystery. Discreetly going about their business, they live in the shadows of human drama and distraction. Their haunting calls are often our only clue that they are close. I gladly forfeit sleep to lie and listen as they punctuate the night quiet. Living life as they should. Wild and free, with dignity. 

*Pacific Essences®



MARYANNE CAMPEAU is an essence practitioner and educator. She is most inspired by energy based medicine, including essences, homeopathy, EFT, reiki. She facilitates a complementary care programme for wildlife.





Chinese Lunar Astrology

Year of the **Dragon** (January 23, 2012 to February 9, 2013) **The Year of Change**

by Debbi Coleen



Rat: 1912, 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008

For Rats who dare to poke pointy noses outside of the rat maze and jump off the treadmill, exceptional luck will support the courageous through changes and learning curves. Change may not happen overnight but everything Rat initiates this year, from visualizing future dreams to updating education to scampering into a new career, is almost guaranteed success. Of course, enjoyment and some capability are necessary too.



Ox: 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009

Well, Ox hasn't found the old furrows at all abundant, so change is probably already underway. About now Ox is settling into new routines. Probably a couple more rocks in the field to navigate around before year end but good outcomes will come through these new challenges, although that may not be evident till next year.



Tiger: 1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010

Tiger is having a good year, with more energy and inspiration now for new endeavors. To maintain this successful outlook, Tiger can exercise regularly and eat healthy—and consistent and regular hours of sleep will make a powerful difference to energy levels. This is a great year to institute long-term healthy routines.



Rabbit: 1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011

This year has probably given Rabbit a few nervous tics already. However, facing fears and keeping steadily on course will enable Rabbit to create a foundation of stability and abundance for the next five years. Trust is the challenge here as Rabbit steps into empowerment to consolidate last year's gains and open the gate to the next several years of adventure.



Dragon: 1916, 1928, 1940, 1952, 1964, 1976, 1988, 2000, 2012

Dragon is likely getting clarity to breathe fire into plans for the next several years. New dreams are manifesting as old ones are fulfilled and upgraded. The flight plans are being calculated for brave new adventures and Dragon is ready to launch into new and exciting possibilities for the future. This is the gift of Dragon energy—the opportunity to soar above the gains, dreams and completed potentials of the last twelve year cycle(s).



Snake: 1917, 1929, 1941, 1953, 1965, 1977, 1989, 2001

Gliding into this successful year, wise Snakes are creating supportive routines to maintain health and energy levels. Risks are being taken (without overextending resources) to create growth without sacrificing security. Snake is very capable of finding innovative solutions for the inevitable challenges appearing now.

Chinese Lunar Astrology



Horse: 1918, 1930, 1942, 1954, 1966, 1978, 1990, 2002

Horse has galloped into 2012 to find invigorating opportunities for success in career and relationship. Judicious risk-taking without unnecessary expenditure raises Horse's optimism, expectation and potential for the next several years. Things are certainly looking up but Horse needs to ensure balance is maintained—in fact, that's exactly the lesson this year.



Sheep: 1919, 1931, 1943, 1955, 1967, 1979, 1991, 2003

This year requires Sheep to use commonsense and courage to embrace change without losing perspective. Either overconfidence or fear could unbalance Sheep's health and lifestyle. Good health routines and positive outlook will go far to create the comfortable outcomes that Sheep values and longs for.



Monkey: 1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004

Speak up, Monkey. Just ask for what you want this year. It's also helpful to share feelings, especially positive ones. Ask questions clearly, genuinely. This is such a powerful time for Monkey to use Dragon's energy to support new beginnings, to take risks. It's limitless, so don't stint!



Rooster: 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005

Lotsa love this year! Woo Hoo! Ignore the drama (Rooster tends to see the drama very clearly), keep it practical and flowing. Rooster is already experiencing the abundance and freedom this year brings; and more is coming. This is a good time to do more strenuous physical exercise.



Dog: 1922, 1934, 1946, 1958, 1970, 1982, 1994, 2006

While Dragon year can be difficult for nervous Dogs, it's also a great opportunity to move beyond fearful reactivity with as much ease as possible. Keep on the track to completion, ask for help from Guides and Angels and, of course, Trust. Dogs can set their intention to have the best, most comfortable experience possible for them this year and just deal with whatever shows up.



Pig: 1923, 1935, 1947, 1959, 1971, 1983, 1995, 2007

Pigs are finding this year moving them along just a little too fast for their short legs. So much is possible with the supportive energy of the past two years still continuing, especially for Pigs who practice good habits of rest, exercise and nutrition. Pigs can rest up next year (maybe).





Crystal Light Therapy

A New Concept Spiritual Spa Treatment

“Crystal Light Therapy is the wave of the new millennium”

Spa Management Journal

Are you ready to take your bodywork sessions to a whole other level, embracing Body, Mind & Spirit?

As we seek to balance our lives we've come to realize that it is not only the physical body that needs our attention but also the emotional and spiritual bodies as well.

Crystal Light Therapy (CLT) does just that by combining crystals, guided imagery and sound to focus love light frequencies into the human physical body, allowing people to expand their consciousness and experience their own true divine nature.

Light is the most common vibration in the Universe. Love is the strongest vibration. A crystal is in a perfect state of balance and harmony. By focusing love and light through crystals into a human body, one can simultaneously experience energetic and spiritual awareness and peace.

Crystal Healing

Crystal healing has been around for centuries. Quartz crystals have been found in the tribal grounds of numerous ancient indigenous people. In the Shaman traditions of Native Americans, crystals were used for healing and initiation. In the Bible, the priest Aaron used crystals that were set in his breastplate to communicate with Angels. As early as 1600 B.C., Egyptians used crystal talismans on the body for healing. During the 16th century in Europe, it was discovered that crystals had a subtle effect on the body when worn. The practice of taking gemstone powders internally was also popular in high society.

Mark Vogel, a respected authority on crystals, firmly placed the power of crystals in the scientific domain during the 1980's. Vogel proposed that the key to understanding the ancient knowledge of the crystals was in the connection between the vibrations sent out by the human mind and the perfect inner structure of the crystals. It had been proven that the human mind can indeed interact with crystals to create effects on the body, mind and spirit.



Basic Crystal Light Therapy Set



Crystal Light Therapy CD



The Benefits...

With the myriad offerings for health, healing and wellness being promoted these days, one must ask, what are the benefits of one treatment as compared to another? What is so special about Crystal Light Therapy?

The answer to these questions become apparent upon familiarization with the treatment, either through training and subsequent practice by the practitioner, or through the experience of receiving the treatment as a client.

Crystal Light Therapy is an ongoing treatment composed of three specific elements:

- The first is purification.**
- The second is a guided imagery meditation.**
- The third is massage.**

Clients who have received one or more sessions of Crystal Light Therapy have experienced life-changing results. They report renewed energy levels. The ability to handle and cope with stress is notably increased. Long dormant conditions related to non-apparent emotional disorders and insecurities are healed. Most importantly, the "spiritual nature" of the client is brought to the surface of consciousness, becoming more fully realized and lovingly cared for.

Crystal Light Therapy brings the much needed concept of spiritual essence to the table.



Basic Crystal Light Therapy Set
Includes 11 specialty cut gemstones

Learn how to perform the Crystal Light Therapy treatment that has been hailed "The Wave of the New Millennium!"

**For more info call Colour Energy
at 1-800-225-1226**