



Pressure Release

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The "Living Fences" of Costa Rica

by Cathy Bannink and Bonnie Hardy

The wood element is very evident in Costa Rica. Trees dominate the landscape, whether in the lush rainforests or the miles of coconut palms in the coastal lowlands. In the dry Guanacaste countryside, as well as along stretches of white sand beaches, trees provide welcome shade. Walking through trails in national parks, tree roots provide a 'step-up' while climbing steep & rugged slopes. Tree trunks become the backdrop and support for luxuriant vegetation such as split leaf philodendron, mosses, vines and staghorn ferns of the immediate environment. Occasionally, the spaces between the trees reveal animals snuffling about. However, the real action takes place in the treetops. Surrounded by a symphony of birdsong and insect chorus we crane our necks for a glimpse of colorful tropical birds or monkeys. We are, on occasion, rewarded by the passage of chattering monkeys jumping from branch to branch. Toucans too, flit, staccato-like, through the treetops. A silent dangling sloth resting on his tree branch takes a more practiced eye to spot.

The topsoil of this volcanic land is thin but extremely fertile. Branches from shrubs simply stuck into the ground during rainy season will grow and flourish. Hence the proliferation of lovely hibiscus hedges. Even fence posts will sprout roots and branches, producing the phenomena of "living fences" throughout the countryside. These are an amazing testimony to the 'will to become'.

A GLIMPSE INTO ANOTHER WORLD

By Jeannette Howe

Why won't this hotel let me check out? Why didn't my students bring their books? Where are all my things? Who are all these people? Has my husband called? Where are the kids? I want to go home. Will you take me home? Why do I wake up each morning and nothing is ever the same? When will I wake up from this nightmare and confusion? Why are all the doors locked? Let me in! Let me out! Help me! The questions are endless; until you don't even remember what questions to ask? Looking into the eyes of a woman trapped between reality and another world, confused and scared. Our eyes fill with tears, my heart sinks. Sometimes we share a smile, sometimes laughter, sometimes just silent space.

In November of last year I was invited to give Acupressure to some of the residents at the Priory Hospital. All my clients are suffering from Dementia and Alzheimers. There are 4 types of Dementia. Pick's Disease affects only the frontal and anterior portions of the temporal lobe; the neurons in this disease become abnormal and swollen. Alzheimers Disease involves the formation of neuritic plaques and neurofibrillary tangles in the brain. Lewy Body is identified by abnormal structures in brain cells called "Lewy Bodies". Vascular Dementia is the second most common form and is the result of a single or multiple stroke. There are no known cures for Dementia. The main symptoms I was asked to address were insomnia, anxiety and restlessness. The sessions started out to be 30 minutes, one evening a week. In January it was reassessed and 15 minute sessions are now given twice a week. As many of the residents are childlike, they are not always in the mood for the work and need some cohesing. Patience and flexibility are useful tools.

I felt that with many other symptoms (to name only a few) such as confusion, depression, anger, sadness, loneliness, feelings of abandonment, loss of independence and humility, some semblance of balance was needed. I used the Master and Couple points P6 w/ Sp4, TW5 w/ GB41, Lu7 w/ K6, and SI3 w/ B62 in order to touch each meridian in a gentle way. As I got to know each person better and physical symptoms needed addressing, the sessions became more tailored. The effects of the sessions were varied as there are different levels of Dementia and each day is different from the next. For a couple of the residents I continue to use the Master & Couple points and add a few different ones depending upon what I address that day. For example:

Client A:

Client A is a 90 year-old woman who is in the last stage of Dementia. Client was not eating well and losing weight, displaying aggressive behavior, insomnia and agitation. These were the main symptoms I was to address. The residents are on various medications which in itself can present a challenge. Along with addressing the symptoms (many of which are side-effects of the medications) one of the goals is to minimize these medications (to which some are very sensitive). I used P6 w/ SP4 and TW5 w/ GB41; I used LV5 w/ LV3 to sedate wood. On occasion the client has had lower back pain; I used 15 w/ 31, 45 and B62. To date these points have been successful with Client A. It has been reported that Client is in the best condition since her arrival in August 2000 (she came from another extended care unit). Client sleeps better, eats well now (has gained some weight), understands and follows directions more easily, is calmer and overall easier to look after. This Client has also been taken off of three medications.

Client B:

Client B was suffering from osteoarthritis and was in a great deal of pain. He was unable to sleep and was given medication that was not very effective. I worked on this client for 6 weeks for ½ hour sessions. I used B47 w/ B54, B57 and B64; GB29 w/ GB41; EX5 w/ hoku; 14 w/ 12 & 11; Lu1 w/ Lu10; 22 w/P6; Palm chakra closings. These points were used in combination at different times depending on actual location of pain and cooperation of client. By the end of these sessions Client was sleeping well and taken off medication for osteoarthritis, but is maintained by a medication patch.

Client C:

Client C was not sleeping and restless. Client would sleep during the day and wander through the night. Since receiving acupressure, Client's sleeping pattern has balanced out, she's sleeping very well and is calmer.

Client D:

My most challenging Client has been a woman suffering from Vascular Dementia. The acupressure has been of varied effects. She is at midlevel, and changes in her symptoms and behavior are inconsistent. At the beginning I was working with the Kidney meridian to address the fear along with EX5 for restlessness and insomnia. For awhile sessions were not always effective but effective enough so that symptoms were decreased. For a few weeks last month almost nothing seemed to help. The client was deemed disruptive and was about to be transferred out. I was feeling quite helpless. (I believe that Client was transitioning to another level of her Dementia and had eventually settled.) I tried B w/ H9 (to tonify Heart to bring joy, love and alleviate depression); Lv5 w/ Lv3 (to sedate wood); 15 w/ 14 and Sonri (for her hip pain); closing with I w/ J and A w/ B. This medley seems to be effective and Client is calm and sleeping well (most nights). Outbursts are minimal and she seems quite "happy". Client reports that hip pain has decreased. She commenced to prove this by doing leg lifts and dancing while lying on her bed just before her session. I give my clients either a hug or a kiss on the forehead after each session. This client usually receives my hugs with arms at sides and no reciprocation. Last week I was taken by surprise when she greeted me with a big smile and outstretched arms, and said "It's you. I see you everywhere!" and gave me such a big, warm hug. Wow, was I touched. My eyes filled with tears. It was so wonderful to see such joy in this woman and her expression of love. The memory of that feeling will always be with me.

Working with these residents continues to be a challenge, yet incredibly rewarding. I am learning so much about myself, others and existence. I volley between sadness and joy, along with a host of other emotions. There is no known cure for Alzheimers and Dementia, but acupressure can help relieve some of the terrifying symptoms and induce some balance. Gifts come in many forms; I feel very fortunate for the gift of opportunity to work with these people. As true to the words "The Way of the Compassionate Spirit", compassion is my guiding light.

Waveform Energetics with Mike Webster

Mike is a teacher from the UK who will come to present his work in Vancouver this Fall. Please see the excerpts from his article below. The article was written for a Shiatsu paper; however the technique can be applied to any kind of bodywork.

When: October 2001
Where: TBA in Vancouver BC
How much: \$250 per 2 day course
How: for more info or to register for the course,
Please call Véronique Broger at the Shiatsu Therapy
Association of BC, 604-618-3531

We have yet to set definite dates for the workshop. The full training is two 2-day courses that are usually about one month apart. Since Mike comes from the UK, it may be best to have the workshops closer together to save on airfare cost. We would like your feedback on the days/dates that would best suit you as well as the format of the course. It can be 2 week-ends in a row, or 4 days straight, or anything in between... We could also schedule the first module now and the second one at a later date. A \$125 deposit is required at time of registration to hold your spot in the workshop; this deposit is **non-refundable** less than 3 weeks prior to the course date unless you find somebody to take your place. The remaining \$125 is due before the start of the course.



Four years ago a tangible means of accessing the energetic field was discovered by Michael Webster, a Shiatsu Practitioner and Teacher in the Highland region of Scotland. The technique, which was named Waveform Energetics, has been tested and developed over the last three years, and is considered by many to be the breakthrough in energy work that has been long awaited. Michael's research began after a period of apprenticeship with a unique spiritual training group in the Orkney Isles. The skills he acquired during this period are beyond what is considered to be 'normal' and provided the motivation for his continued search, not only to experience, but also to access at will and understand what is outside of normal experience.

The seeds of Waveform, sown in Orkney, continue to bear fruit which is now accessible to all. Waveform technique has, its practitioners claim, opened up new doors into the energetic system, increasing our understanding of the workings of the energetic field, clarifying and enlarging upon long held and revered traditional aspects of complementary medicine. Its students include Reiki Masters who have recognised the value of the 'tool' which enhances and improves the efficiency of any therapy which claims to use energetic changes as a prerequisite to healing. Waveform provides immediate and detailed information of energetic changes as, and when, they take place.

Waveform courses are designed to demonstrate that we are all capable of experiencing for ourselves the tangible evidence of the movement of energy. Using waveform as a tool applied to shiatsu treatment, the energetic system started to reveal its secrets; the first of these are contained in this article.

RECENT DEVELOPMENTS IN ACCESSING THE HUMAN ENERGY FIELD

By **Michael Webster (October 1997)**

Continuous development in energetic awareness and sensitivity brings with it a need to reappraise one's approach to shiatsu and a reassessment of the terminology used. For example, pre-treatment 'making friends' becomes 'establishing a frame of reference'.

Energetic interaction and change is taking place continuously, producing a fluctuating sea of 'noise'... Establishing your frame of reference will be different from one individual to another as their energetic qualities are different. Then there are also the changes which take place as a result of the interaction between your energetic quality and theirs... The hara is a high frequency area; this can be supported by the quite noticeable colours appearing in the upper limits of the visible light spectrum. In the hara, the energetic structures can be changed quite easily, hence one cannot linger over a hara diagnosis as energetic interaction can render the hara neutral for diagnostic purposes in a remarkably short period of time. The energetic qualities within the hara are sensitive and responsive to each other, therefore in order to obtain the best diagnosis before the hara changes, a quick tactile assessment in terms of Kyo and Jitsu narrows down the possibilities, and an energetic assessment confirms the best 'quality' interaction, and the final choice...

As one approaches the meridian (any meridian), interaction of energy creates a response which varies in degree of duration and intensity. Where to work is no longer dictated by Kyo and Jitsu, but by the location of active tsubos which indicate their location, and possibly their degree of activity, by displaying excitation when in the proximity of a catalyst. You are already immersed in the energetic quality of the client; however when you approach the energetic core of any particular quality (i.e., a meridian), interaction is intensified, a degree of excitation takes place, and active tsubos demonstrate their potential to create expansion or contraction, whatever is needed to put the body/mind back on the path to energetic homeostasis...All is in a continuous state of change; the only constant is the listening...

A year ago I noted my own observations of the variations of energetic response. 'Experiencing the movement and interaction of energy is like being engulfed in the moods of the sea. Waves pounding on the shore, gentle ripples, strong currents, periods of stillness in the warmth of the sun, then movement again! Expansion, contraction, interaction, ever-changing, demonstrating a generally unseen fundamental expression of life.' It all sounds very poetic, however even now after a year of continuous development I would not change a word of it...

The following excerpt is part two of a three part series, to be completed in the next issue.
 This article is reprinted by permission from "Medical Acupuncture", Spring/Summer 2000, Volume 12, Number 1.

Spirit -level points

Five Element Acupuncture for Terminal Patients:

A Powerful Intervention for Dying Well

Ronald Puhky, MD

| Table. The Therapeutic Framework for the Use of the Five Elements in the Dying Process. | | | |
|--|--|--|---|
| ELEMENT | Issue or Obstacle To Be Resolved | Elemental "Gift" or Therapeutic Influence | Points To Be Used |
| WATER | Fear - terror of death and non-existence. | Courage, will, stillness, calm, reassurance. | KI 25, 24, 23, KI 21, 20. KI 3; BL 52(47), 57, 61, 64 |
| WOOD | Anger - sense of injustice, struggle, incompleteness of life. | Forgiveness and self-forgiveness, relaxation, completion. | LR 14, LR 13, LR 3, GB 40 BL 44(39), CV 14, SI 11, TH 7 |
| FIRE | Despair - loneliness, isolation, unlovability, contracted spirit. | Opens to love and relationships, joy, beauty, unity, god, self-confidence. | HT1, HT 7 |
| EARTH | Worry - obsession, self-absorbed, anxiety, feelings of victimization. | Comfort, sense of family, belonging. Contentment, gratitude for life. | SP 21 Great Enveloping; SP 3; ST 40; Abundant Splendor |
| METAL | Grief- loss, denial, excess clinging, spiritual emptiness, many regrets. | Accepting of death and impermanence, letting go, reconnection to spirit, big mind. | LU 1 Middle Palace; LU 9, LI 18; Support and Rush Out; LI 4. |

THE FIVE ELEMENTS (Continued)

The table above outlines each element and its place in the dying process.

Point Selection and Treatment⁶

Needle and moxa technique: The primary needle technique⁷ in Five Element acupuncture is tonification. Sedation is done much less frequently. The method of tonification is to needle the point with a simple insertion that is angled slightly in the direction of energetic flow in the meridian, and then advance slowly into the prescribed depth of the point until Qi is obtained. This is done without lifting or thrusting or rotation; the point must be located accurately to obtain the Qi connection. Partial withdrawing of the needle and then re-inserting with slight changes in angulation is sometimes needed to obtain the connection. When Qi is felt, the needle is rotated clockwise 180°. There is usually an augmentation of the needle sensation. After 2 or 3 seconds, the needle is withdrawn and the point is sealed with a brief finger pressure.

Sedation is accomplished by locating the Qi in the same way, with a slight angulation against the direction of flow of the energy in the meridian, and then rotating the needle 180° counterclockwise and leaving the needle in for 15 to 20 minutes. The needle is then withdrawn without sealing the point.

The moxa technique used is that of direct moxibustion. A prescribed number (usually 3-5) of hand rolled, pea-sized moxa cones are applied one after the other directly to the point, and removed when the patient first feels the heat. This is usually followed with needle tonification as described above. Spirit points in particular are often first treated. Since the patient's pain perception is often compromised in these cases, care must be taken not to burn the skin.

1. Spirit Points

Start the treatment by choosing one of the large general spirit points of the Kidney: KI 24 (Spirit Burial Ground), KI 25 (Spirit Storehouse), and KI 23 (Spirit Seal). Direct moxa the points first, and then needle them. These are the big reservoirs of spirit that ease fear as they bring calm and inner strength.

Points for the Heart are also needed. Go directly to the seat of the Shen and connect the person there. CV 14 (Great Deficiency), the front Mu point, is very potent at this time. Also useful are BL 44 (or 39 F.E.) (Spirit Hall), and HT 1 (Utmost Source). HT 7 (Spirit Gate) can be used repeatedly to keep the gate to the Shen open.

2. Ancestor Points

Following a near-death experience, people often speak of being met by ancestors, both personal relations and spiritual figures. GV 20 (One Hundred Meetings) is an assembly of the ancestors point, as well as the point of the Crown Chakra, the place

designated in many ancient traditions to be where the soul leaves the body. This is a common theme, too, in modern accounts of the near-death experience. Tonify or sedate this point depending on the state of depletion or agitation of the person and the pulses. Even when an individual is still early in the dying process, this point brings peace, comfort and stability to the mind and spirit so it can connect to departed loved ones and to the saints, sages, and holy ones to whom the person is connected.

SI 11 (Heavenly Ancestor) is another such point; it is also linked to the Shen as the Heart's paired Yang Fu organ. TH 7 (Assembly of Ancestors) is also a link to these ancestral aspects since the Three Heater itself has a major effect on calling up archetypal and ancestral energies as a part of its functioning in the Fire Element. This point can be used often.

3. Points for Fear:

Choose points on the Water Element to ease fear, especially KI, after using the Large spirit points mentioned above. These points are tonified, with moxa added as needed. Useful body points are KI 21 (Dark Gate), often followed by CV 14, the Heart Mu point with which it has a connection. Later KI 20 (Through the Valley) can be used. The use of the Source point KI 3 (Greater Mountain Stream) is always added for fear, with the above points. It can also be used alone. Points that have a beneficial effect are BL 57 (Supporting Mountain), and BL 61 (Servant's Aide), and also the source point, BL 64.

4. Points for Letting Go:

This part of the treatment involves using points on the Metal and the Wood Elements. The Metal Element points on the Colon and the Lung are for promoting the smooth evolution of the dying process. They allow the patient to surrender the tendency to cling and, instead, relax into the dying process. Useful points are the Source points LI 4 (Joining of the Valleys), and LU 9 (Very Great Abyss).

Other points include LI 17 (Heavenly Vessel), the Window points of Metal, LI 18 (Support and Rush Out), and LU 3 (Heavenly Palace). Points on the Wood are for letting go of anger, struggle, and any sense of unfairness or injustice that is disturbing the individual. They also serve to relax the need for control. Useful points to accomplish this are the Source points, LR 3 (Supreme Rushing), GB 40 (Wilderness Mound), and occasionally LR 14 (Gate of Hope), usually done with sedation in these cases.

Principles of Treatment

The first step is to use the Five Element model discussed above and understand which Elements are useful in treatment. The pulses are good indicators of the overall internal state of an individual and also, specifically, the state of each Element. Initially, the pulses provide extra diagnostic information; later, they provide feedback regarding how point choices and treatments are working. Successful treatments will result in balancing the pulses and improving the overall pulse qualities in each session.

The treatments are not solely causative factor oriented. One must move around and do what is needed based on the patient's emotional state, Elemental needs, and pulse analysis. If the patient is very agitated, this will present in the pulses as an excess. This requires sedation and the points LI 4 and LR 3 (Four Gates) can be used, along with GV 20 if agitation is extreme.

The pulses are sometimes chaotic in other ways as the person nears death. There are often Husband/Wife⁸ (H/W) imbalances (where the right-hand pulses are stronger and more aggressive than the left). Usually these pulses are not corrected. The physician is not trying to bring the patient back to an enhanced healing state or in a state in which the patient is fighting death. Corrective treatment can actually upset the individual and at this stage, there is too much toxicity in the system to perform the strong energy transfers to correct the imbalance. Just using spirit points usually drops the degree of the imbalance and decreases any other chaotic, intense qualities in the pulses.

In other cases when the person is less agitated, the pulses may be very weak. In those instances, the spirit points lift the pulses, balance them, and improve quality. In dying as in living, balanced pulses indicate and promote a "healthy" process. Where specific areas of weakness in the overall pulse picture remain, the physician needs to treat those areas; especially, the Elements involved. Regardless of the choice and order of points in a successful treatment, any approach should conclude with distal command points. At the end of each treatment, the physician should expect to see the pulses balanced and calmed. This is one of the immediate feedbacks of successful treatment. The patient may also communicate this indirectly or directly by relaxed breathing, a decrease in restless movement, or by mentioning a decrease in pain and anxiety. Still, in a dying person, the clinical signs may be subtle and the individual may not be able to communicate directly. The pulses then are of special significance.

At the beginning, daily treatments may be necessary rather than every 2 or 3 days. The patient or family should inform the physician when further treatment may be needed. This work definitely requires involvement of family and close friends. As these patients approach their death, they cannot always report accurately on their own process. Physicians need the observations of those attending the dying person: what is the degree of their pain or anxiety, the amount of confusion or restlessness, the quality of their interactions with their loved ones? Positive signs include attitudes of acceptance and the clear understanding and communication of the reality of dying. A deep sense of inner peace may appear. Humor and joking can be present along with other qualities of happiness, leading to a deepening of final heartfelt communications.

At a certain point, the dying person, in equilibrium and in communication with their spirit, opens their heart, their loved ones, and taps into the natural process of dying. This has its own flow, purpose, meaning, and solace. We have an innate natural process in us of "letting go" of the body, just as we have for the capacity for healing and for connecting with our spirit.

This article will be concluded in the next issue of The Pressure Release.

Combining Micro Systems Assessment with JSD

by Noel Taylor

With the expansion of quantum theory into the mainstream, many new ways of viewing old paradigms have emerged. If indeed every carbon atom contains a map of the universe, the infinite whole of creation, then in all things in our lives there is wisdom and consciousness. Often referred to as Hologram Theory; every part contains the whole, it opens a new way of viewing every symptom being presented whether it be physical or emotional.

Synthesizing different modalities and schools of thought is one of my passions, I tend to think we are all blind feeling different parts of something way bigger than an elephant and I love to compare notes and find the overlaps in different perspectives. So in the past few years I have been exploring old assessment traditions, now referred to as micro systems, like auricular therapy, reflexology, iridology, Korean Hand Therapy, physiognomy, palm reading, and a few newer modalities of live blood analysis and bio kinesionics. These traditions all examine the physical realm, which is a manifestation of the energetic template in the body.

We can then look into the unconscious, to the dream field, to find how our dreams reflect our reality, the symbols there contain keys to our evolution and unfolding. I like to explore the ways we find our selves reflected in every interaction and relationship, with our inner and outer communities.

Every client hands us a map of the infinite. From our old paradigm we often get lost in focusing on the constrictions and congestion which often leads to symptomatic linear thinking. For us as practitioners and for our clients the biggest edge is to move beyond old ways of thinking and remember that everything, is reflecting some part of the unconscious trying to emerge and evolve.

I like to explore with clients their highest hopes and dreams, looking for fertile ground and potentiality. Within their story will emerge the obstacles that hold them back from realizing dreams and finding resolution of internal conflicts. So let's go back to micro systems, whether we use meridian palpation, auricular observation, Korean Hand examination, physiognomy, yu point assessment etc, we are looking for signs of restriction and congestion of qi flow. The Tao is always moving and transforming, stagnation, physical or mental, causes dis-ease. The better we become at accessing and finding blocks, the more effective we can become in assisting clients to explore and/ or transcend those places.

We can cross-reference between modalities and micro systems to confirm our assessments and we can have the benefit of working on small areas of the body to effect the whole. I regularly give clients homework so that they daily reinforce treatments and begin new patterns of self-awareness. I may ask a client to palpate an ear seed, massage an area or point or continue an internal dialogue. It is important to introduce new behaviour, something that starts to break up old ways of being stuck.

We are our most alive and awake when we are doing something new. If indeed our biography creates our biology we may need to create new life myths, different paradigms to create new possibilities.

Challenge yourself to explore the unknown...an action, a word, a road less travelled, a relationship, perhaps micro systems theory...

Have fun!!

Trees

The worship of trees is one of the earliest forms of religion. Trees are sacred to various Gods and Goddesses, and represent life and immortality. In the past, and present, trees represent unity with all things because their branches reach toward the heavens and their roots reach, unseen, into the ground. They represent the connectedness between the earth and heavens.



*Arbutus Nymph in Beacon Hill Park,
Photo by Cathy Bannink*

The Properties of Trees

By Deanna

- Apple: Immortality, fertility, protection
- Alder: Spirituality, teaching, weather magick, mental prowess
- Ash: Prosperity, protection, healing
- Birch: Protection of children, purification and creativity
- Blackberry Vine: Prosperity, protection
- Cherry: Love, sex magick, healing
- Elder: Exorcism, prosperity, banishing, healing
- Hawthorne: Fertility, peace, prosperity, binding
- Holly: Protection, prophecy, magick for animals, sex magick
- Ivy: Healing, protection, cooperation, exorcism
- Laurel: Love magick, wish magick, healing
- Maple: Divination
- Oak: All positive purposes, magick for men, fidelity
- Pine: Purification, counter-magick
- Willow: Romantic love, healing, protection, fertility, magick for women





An Unusual Client

By Cathy Bannink

I'll call him LB in order to protect his privacy. Does printing his photograph reveal too much? You'll never find him, as his next address will be an anonymous treetop in the jungle of Manuel Antonio, Costa Rica. In any case, how much history can a two month old have? Quite a lot, as it turns out. Abandoned by his mother at a very early age, he was discovered trapped in barbed wire with an injured left arm, dehydrated, and being eaten by insects. A kind person took him in, had his wounds attended to, fed him a proper nutritious diet, and loved him. Massage therapy helped to heal his arm, but when I first met him it was apparent he was more active with his right arm than his left.

LB responded well to having his shu points massaged, sighing and stretching out on his stomach. He didn't like having his chest or abdomen prodded, and the three toes on each of his limbs were strictly off limits.

A week later LB was using his left arm more freely. As I worked with the shu and pericardium points, he lay quietly with eyes closed, blinking when I shifted to new points. Afterward he was bright eyed and active. It is always a gift to give as well as receive Jin Shin Do. In this case in particular, to work with this little being of light and love, and to feel the pulse of his life energy, was a gift beyond measure.



The Healing Power of Vibration

This issue I am happy to turn this column over to Fran. I will add that there are some websites where you can find additional information on this fascinating topic:

www.rifetechnology.com, www.rrrs.com, & www.rt66.com/~rifetech/

Rife Frequency Therapy

by Fran Calvert,

Wildwood Healing Centre, Powell River

I have been using a Rife frequency machine in our healing centre in Powell River for the past two years in combination with other therapies such as Jin Shin Do, Kinesiology, Bee Venom Therapy, Brennan Healing, and Live Blood Analysis. I have been pleased with the results and will give a short report on it so others may learn about it.

The Rife machine runs radio frequencies through a plasma ray tube using sound and light waves. The healing frequencies pass through our bodies causing certain cells to resonate. Certain frequencies seem to have the ability to devitalize specific cells and micro-organisms and others enhance healing and the effectiveness of the immune system.

The Rife machine was invented in the 1930's by Dr. Royal Rife. He was very successful in treating cancer and other infectious diseases with the Rife Beam Ray. Unfortunately the technology behind the device was suppressed. A book called "The Cancer Cure that Worked - 50 years of Suppression" was written by Barry Lyons in 1987. Since then the technology has been revived and ongoing research is being conducted worldwide.

In the Comox Valley, where the machines are being built by Don Tunney at Rife Technology, over 800 people have experimented using the device over the past four years. Many have had excellent results with herpes, hepatitis, Lyme's disease, fibromyalgia, chronic fatigue, yeast conditions, bowel disorders and cancer. There have been four international conferences on Rife Technology; two in the Comox Valley and two in Edmonton.

It is not suggested that the current Rife machine is a "cure" for cancer, but it seems to slow the destruction of this disease and others. When people combine this with a holistic approach to healing by addressing issues on all levels — physical, energetic, emotional, and spiritual, good results may be expected.

There are frequencies for pathogens such as viruses, bacteria, yeast and fungi, and parasites as well as frequencies which strengthen the immune system response and stimulate healing. Improved sleep and increased energy are additional benefits of the therapy.

Individuals and groups sit in a darkened room while receiving Rife therapy. A beautiful mauve coloured light pulses from an argon ray tube. People may feel warmth and tingling sensations in various parts of their bodies with certain frequencies, but it is not uncomfortable. I use muscle testing to determine which frequencies each person needs. There are long lists of frequencies known to benefit many different conditions and research providing new ones through the Internet. A programmable generator allows storage of banks of frequencies for different conditions or individual programs. Up to 20 frequencies may be run in a session lasting from 1 to 1 1/2 hours. Often I do other therapies at the same time as I am running the Rife machine.

Show and Tell

by Michael Torontow

Welcome to **Show and Tell**. This column is here so BCATA members can participate in our society in a simple, fun, and easy way. **Show and Tell** is about sharing, telling others about what you like, or just plain old want to brag about. The content can be about music, poetry, a book, a photo, a piece of art, a JSD release that you think is so cool, or whatever you can dream up. Come out and play with your friends.

Hey! No one has come out to play, so here I am again. I joined the Context Shifters club of Toastmasters International in January. What a great way to learn in a structured, fun and supportive environment. I gain confidence and presence to communicate my information clearly, and it's a great sales training venue too! Enough of my sales presentation to you, here is my second speech from Toastmasters.

BARRIERS: REAL OR IMAGINED

Michael Torontow's Icebreaker speech #2 Thursday March 8, 2001

Madame Toastmaster, Honoured Guests, and fellow Toastmasters:

What just happened to that solid pine board? The board represented barriers in my life and it had just vanished.

I was at a Firewalking seminar and had been working up to breaking this barrier with my bare hand for several hours. I was terrified! What about my hand? Would it hurt? What would happen when I punched?

Here is where the most amazing thing happened. I started to punch and I yelled from deep down inside myself. The board disappeared... Disappeared and reappeared in two pieces, one on either side of my arm. My hand did not hurt. What had just happened?

I was focused on my goal and this barrier was not there. I had touched and held the board before I broke it, so I knew with my physical senses that it was real.

Maybe I needed re-examine my beliefs? What if I only think a board is real? What if I only believe barriers in my life are solid? What happens when I focus on a goal instead of obstacles? Many of my barriers disappear and my world changes.

Walking across 15 feet of burning coals a couple of times was easier than breaking that board. And, breaking the next board, months later, with a chi punch was even easier.

I am learning that there is a cause and affect between goals and barriers. My barriers cease to exist when I am clear and focused on my goals.

So, I ask you... Are your barriers real or imagined?

Madame Toastmaster

*To prevent this from being a one man show (and tell), I encourage you to send me your **Show and Tell** contributions: however large or small. Email: therefresher@pacificcoast.net; fax (978) 383-6469, or mail #201—1040 Rockland Avenue, Victoria, BC V8V 3H5 (250) 480-7733.*

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Kathy deBucy has a history of self-employment for over 30 years, including professions as a certified general accountant and a registered JSD™ practitioner. **(250) 383-6591**

Our Souls and Us

By Corinne Gysi de Lara

Our deeper understanding tells us that a truly evolved being is one that values others more than it values itself, and that values love more than it values the physical world and what is in it. Every microconsciousness, or soul, affects the macroconsciousness depending upon its quality of Light, upon the frequency of its consciousness.

We must now bring our comprehension of evolution into alignment with this deeper understanding... We have to come to the understanding that being a five-sensory human is not enough these days.



Spring is arriving from the crisp,
blue blows of winter.

It starts out as a gentle wind,
Thawing thoughts and thinking
from the numbness and cold.

I feel a softening in the ground under my feet.
It moves me.

I am anxious to participate in this change.

Instinctively I prepare to pack.
I'm moving.

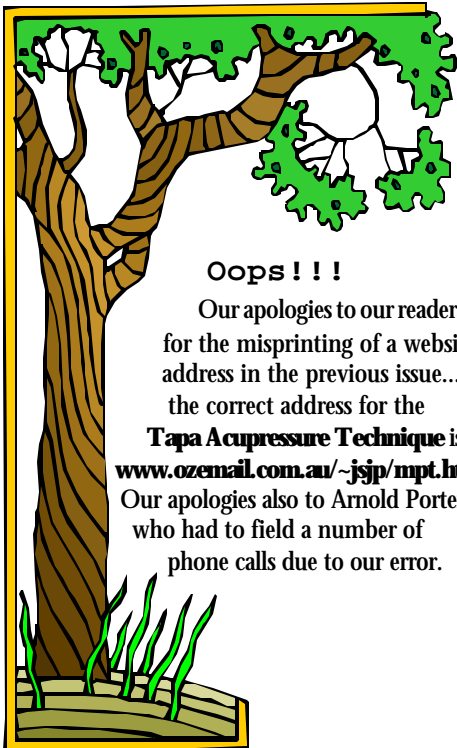
Like following an ancient custom.

Arms stretched upwards,
I take down the last remaining charms.

The image of them disappears.

I honour this place of safety and permanence
being left behind.

By Gerald Turko



Oops!!!

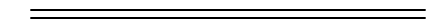
Our apologies to our readers for the misprinting of a website address in the previous issue... the correct address for the **Tapa Acupressure Technique** is: www.ozemail.com.au/~jsjp/mpt.htm Our apologies also to Arnold Porter, who had to field a number of phone calls due to our error.

Editor's Note

Thank you to all those who contributed poetic, interesting and inspiring articles for the Wood Element Issue! Cathy and I were travelling for two and 1/2 months...

...knowing this issue would be DUE immediately upon our return to Victoria. Each of you responded to our request for input. Blessings to you all in your busy lives for making this issue a real group effort! Now, of course, we expect each of you to take the next step in expanding your horizons by registering to be PRESENTERS for our First Annual Conference: **MARKETING BODYMIND ACUPRESSURE**, scheduled for October 20-21, 2001.

Thank you for helping to make your organization representative of your understanding and level of commitment to Jin Shin Do Acupressure!



If you want to know what your experiences were like in the past, just examine your body now. If you want to know what your body will look like in the future, examine your experiences now.

-VEDIC EXPRESSION

The Event Horizon

Accessing Inner Guidance - Intuitive Counselling Techniques

In this 21 hour course students will learn how to use archetypes and symbolism to assist clients in accessing core material and beliefs. By using messages from the unconscious you will learn to feel more comfortable navigating altered states of consciousness. The relationship of the Chakras with Emotional Issues and Psychological Patterns will be explored. Learn how symptoms and illness can transform to become allies in healing. Attending this workshop provides a Quantum perspective, an empowering, life changing experience.

May 25 - 27, 2001 on Lasqueti Island
Call **Noel** at **250-333-8878**

Assessment through Meridian Palpation

At last **Noel** will teach a one day workshop demonstrating her style of meridian assessment through massaging along their pathways. This class will bring together many modalities of body micro systems theory to enhance a practitioners style and effectiveness of treatment.

In Victoria - Contact **Joan Davy** at **642-6774** for more information.

Waveform Energetics with Mike Webster

When: October 2001
Where: TBA in Vancouver, B.C.
How Much: \$250 per 2 day course
For more information or to register for the course, please call **Veronique Broger** at the Shiatsu Therapy Association of BC,

604-618-3531

(See pg. 4 of this article for more info.)

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ATTENTION BCATA MEMBERS

Just a note to make it clear to all members that articles submitted to the Pressure Release are currently published on the BCATA Website. If you do not want your article published on our website please contact **Paul Rouleau** and let him know or include a note to him in your submission. Paul's phone number is **(250) 383-2404**.

Verna-Gean Tylor

Articles appear in the newsletter for the information of its readers. The opinions expressed are those of the authors and do not reflect the views or opinions of the B.C.A.T.A. or its newsletter staff. Accuracy is striven for: however, the B.C.A.T.A. Newsletter assumes no responsibility for the information contained herein. The newsletter reserves the right to edit, condense or reject any article submitted for publication.

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Send your submission(s) to:

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Submission Deadline for the Fire/Earth Edition of our newsletter is August 15, 2001. Please start planning your contributions Now...We look forward to hearing from each and every one of you soon!