



## Take a Walk on the 'Mild' Side

*Labyrinths celebrate a centuries-old spiritual practice, combining peaceful meandering and meditative therapy*

*As Feng Shui practitioners and consultants, we can easily find ourselves drained of personal and emotional chi. Helping others to help themselves takes a lot of energy and effort! While there are a number of tried and true Feng Shui "cures" we can use to revitalize our souls, sometimes it is refreshing to try something different. For a different perspective on boosting your chi, find a labyrinth in your community and talk a walk ... on the "mild" side!*

### What is a labyrinth?

When viewed from above, a labyrinth looks like a puzzle, a maze or some kind of weird crop circle left behind by extra-terrestrials who visited earth under cover of darkness.



Classical Labyrinth  
[www.labyrinthociety.org](http://www.labyrinthociety.org)

A labyrinth is, however, none of the above. Simply put, a labyrinth is an ancient symbol representing life's journey. People walk through the uni-circular pattern of the labyrinth, pause to relax and meditate at its centre, then walk out feeling better. It is a non-denominational, centuries-old spiritual healing practice.

A labyrinth can be laid out on the ground in a variety of ways. It can be painted on a concrete or other solid surface, identified with colored bricks or paving stones, or be a simple arrangement of stones on any natural surface, such as grass, gravel or sand. Sometimes, a series of candles are placed on the labyrinth pattern and people walk its path at night. This provides an even more mystical and spiritual experience.



Chartres Labyrinth  
[www.labyrinthociety.org](http://www.labyrinthociety.org)

Labyrinths can be very large... or small enough to, quite literally, let your fingers do the walking. You can still feel the benefits of a labyrinth by using your finger to

trace its path when printed on a piece of paper or displayed on a computer screen.

### How does a labyrinth work its magic?

Although they may look similar, a labyrinth is not to be confused with a maze – it is not a puzzle to be solved, with dead ends and blind alleys. Walking through a maze is a “left brain” task that requires logical, sequential, and analytical activity to find the correct path into and out of it. A labyrinth, on the other hand, has only one uni-circular path to the centre and then out again. It is a “right brain” task, involving intuition, creativity and imagery. The only decision you need to make is whether to enter the path or not.

*A maze  
is designed to make you lose your way.*

*A Labyrinth  
is designed to help you find it.*

Once most people understand the *concept* of the labyrinth, they are often still confused about how to pronounce it. The ‘y’ is silent, so you simply say “lab-rinth.”

Although labyrinths are relatively new to modern-day society it is a holistic meditative tool that has been used by many cultures and religions throughout history. Evidence of its use dates back to 500 A.D.

Dr. Herbert Benson, of the Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital, has written that the fundamental element of mind/body medicine - the elicitation of the relaxation

response - can be traced back to the earliest civilizations. It appears that one of our most basic bodily avenues to better health is the simple following of the breath, in and out, and the avoidance of distracting thoughts.

Dr. Benson's research (some of it dating back to the 1960s) has revealed that focused walking meditations – such as the labyrinth – are highly effective at reducing anxiety and eliciting what he refers to as “the relaxation response.”

When eliciting the relaxation response:

- Your metabolism decreases,
- Your heart beats slower,
- Your muscles relax,
- Your breathing becomes slower,
- Your blood pressure decreases, and
- Your levels of nitric oxide increase.

Perhaps, as a result of research like this, the concept of building and using labyrinths to improve personal well-being is currently enjoying a renaissance. You can now find them throughout the world, at hospitals, prisons, churches, universities, public parks, and even individuals' yards.



[www.labyrinthociety.org](http://www.labyrinthociety.org)

It is generally believed that the resurgence of labyrinths is due, in part, to the fact that we live in a society with changing views and attitudes. In this fast-paced world, many have lost touch with their inner voice and with nature. The labyrinth is a powerful tool to help relax our frenetic minds, bodies and spirits. It is also a tool that is bridging the ever-widening gap between traditional religious rituals and new spiritual practices.

We, as a society, are being drawn to the labyrinth and exploring it as a healing tool because it provides a safe place to clear the mind and to receive answers to life's troubling questions. It is a place to feel grounded in the present and to help guide you in the future.

Linda Magnuson, owner of Kairos Guest Suite, is proud to have built one of the first labyrinths in Comox, British Columbia.



[www.labyrinthatkairos.ca](http://www.labyrinthatkairos.ca)

“I feel absolutely honoured and blessed to have a labyrinth in my backyard,” says Magnuson. “There is a real energy to it and the more people that walk it, the more energy it seems to absorb. As with various forms of meditation and energy, some people don't have a profound experience the first or second time they walk a labyrinth. To help someone make the most of their experience, I advise them to take a deep breath and pause before entering the labyrinth. Walk its path with the intention of being open to the still, small voice inside of them. Walk slowly to the centre, sit for a while, and then slowly retrace your steps. In doing so, you are more apt to feel a sense of clarity and find inner peace.

“Think of the labyrinth as a playground for allowing your intuitions to take wing. Follow what comes into your head and your heart while inside its ‘walls’; what many consider to be ‘Sacred Space’.”

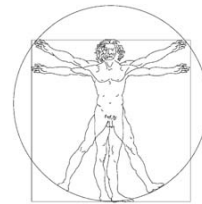
*To find a labyrinth near you check  
[www.labyrinthociety.org](http://www.labyrinthociety.org)*

Terri Perrin, certified as a Feng Shui Practitioner through Mount Royal College, in Calgary, Alberta is a member of the Feng Shui Association of Canada and the International Feng Shui Association.

Terri now lives in Courtenay, B.C., and is available for home, garden and business consultations. She also presents a variety of Feng Shui workshops.

Contact Terri at 250.331.0236 or [terriperrin@shaw.ca](mailto:terriperrin@shaw.ca)

# Matters of Health



## Sifting and Shifting through the *Information Maze*

...making sense of that which can make you ill and that which will keep you well.  
Nutritionally speaking...

### **BREAKING NEWS**

"WE ARE EXPERIENCING AN ENVIRONMENTAL ASSAULT UNLIKE ANYTHING WE HAVE EXPERIENCED BEFORE"...

Sorry...I needed your attention and thought that some *fear mongering* would be a good start. Before I go on, I need to ask that you never use a newspaper to get accurate information on health. It just is not there. As I have said before ...ask your own questions, educate yourself, research or seek out a health practitioner who can help you through the maze. Because if health is not your field, it can be confusing. Even for someone with my background, it is daunting. But health articles in newspapers – can only give you a small amount of what you need to know, and only one side.

Phthalates. We talked about this nasty additive in the last issue. In addition, they harm our kidneys, livers and obviously a growing fetus. Think about this: how many people do you know in your circles who seem to be having issues with their kidneys? Quite a few I would venture.

Dioxins: Another human made chemical that is pretty much inescapable in any foods now. Ok – get this. Dioxin is in the black stuff that is spat out of industrial smokestacks where it hovers in clouds then rained down onto soil (or our heads if you aren't standing in a garden and wearing a rain hat). If it lands on soil, it is absorbed by the plants intended to be harvested for you and me and other organic food sources such as chickens, cows and so on. It gets better. Now we microwave this food in plastics (children are the biggest users of microwaves and plastic containers in schools), you are creating carcinogens with the dioxin in the plastic itself. This stuff, along with phthalates is everywhere right now. Especially in our kids in which we are growing the future.

Let me give you a sampling of where these are before I give you a few solutions. They are found in baby bottles, rattles and teething toys, plastic crib bumpers, car seats and baby mattresses. Let's move on. They are in automobile dashboards, carpet backings, cosmetics, notebook covers, clothes, dishes, shower curtains, toilet seats (nothing is sacred), and more. As of this year, there are more than fifty thousand chemical carcinogens. Ten thousand of these alone are involved in food processing and added to our food supply. Revolting when you think about it. Fluoride is one of my pet

peeves. Did you know there is enough in a tube of fluoridated toothpaste to kill a twenty pound child? All of these chemicals put an incredible stress on our bodies. As if we didn't have enough. It has now been acknowledged these are directly linked to decreased immunity, arthritis, hormone dysfunction, chronic fatigue, depression, ADD and more. It is indisputable. We have very real science to support this.

A few ideas: Get rid of your carpets or choose natural fiber wool rugs and carpets. Buy non-toxic paints and make your own household cleansers. Avoid microwaves or use glass to reheat foods. Get your child's school lunch program to transfer lunches into glassware for heating. Drink water from glass or stainless steel. Heat babies food in stainless steel or glass. Use natural fabric shower curtains and not plastic. The off gassing by the way increases when heated. Read labels and choose whole and local foods.

We can't completely avoid some of these chemicals...but we can limit our exposure. We control what we eat, what we put on our bodies, what we clean our houses with and how we live our lives.

These days, I am more than concerned. I want to scare you into taking control of 'your environment' ...get the one you deserve to live your life in, and grow your children in, back.

*"A labyrinth.... has only one uni-circular path to the centre and then out again. It is a "right brain" task, involving intuition, creativity and imagery."*

You don't catch 'symptoms and conditions'. Choose a Labyrinth over a maze. Get where you are going with calm and health and absolute focus. Confusion and ill health....are mostly a choice. Next issue I am going to talk about inflammation and clear up some common misconceptions. I will see you at the 'center'.

Margo is a Registered Orthomolecular Health Practitioner. She designs programs and procedures to restore balance systemically – not just in bits and pieces. We are all complex and 'standardization' is not an option. In the case of pathology, natural and western medicine can both be utilized complementing the strengths available within each discipline, while ensuring the individual's health, safety and well-being. Focusing on orthomolecular strategies, Margo's approach is holistic, with the emphasis on prevention, restoration, and the harmony of body, mind and spirit.

Margo Laing, RHN, NCP, OHP  
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**Media Release**

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**FOR IMMEDIATE RELEASE**

***World Renowned Feng Shui Grandmaster Professor Lin Yun  
selects Calgary for his Inaugural Canadian Workshop***

Calgary, Alberta – July 14, 2009 His Holiness Grandmaster Professor Lin Yun Rinpoche, founder and supreme leader of the contemporary Black Sect Tantric Buddhism, will be presenting a 2 day Bilingual workshop on *'Ch'i, Feng Shui and Life from the Perspective of Black Sect Tantric Buddhism'* at the Telus Convention Centre in Calgary, Alberta on August 22 and 23, 2009.

Dawn Hankins, a well-known Feng Shui teacher at Mount Royal College's popular 'Feng Shui Practitioner Certification' program and a student of the Grandmaster, is thrilled about this exciting opportunity being offered to Canadians. Hankins, who is also the co-founder of Imnala Group, has attended Professor Lin Yun's workshops in Curacao and the United States and was the force behind bringing the Professor to Canada. *"It just doesn't get any better than to listen to a recognized world expert in Feng Shui about the effect that Ch'i (energy) has on your life – right here in Calgary."*

His Holiness Grandmaster Professor Lin Yun has been bringing the east world spirituality and traditions to all those who wish to learn about them and incorporate them to their inner lives for the past 40 years. Many of the greatest western Feng Shui consultants studied with Professor Lin Yun and the foundation of their knowledge is based on his guidance.

As a distinguished philosopher and foremost authority on Feng Shui, Professor Lin Yun lectures extensively at the invitation of academic institutions and religious communities all over the world. Professor Lin Yun was bestowed the title of "His Holiness" of Black Sect Tantric Buddhism Fourth Stage in 1998 by His Holiness Lungtok Tenpai Nyima Rinpoche, the supreme leader of the Bon religion, which is recognized by the Dalai Lama as one of the five Tantric traditions in Tibet. This is the first time in the history of Tibetan Bon religion that such an honour was presented to a Chinese.

A celebrated scholar, Professor Lin Yun is currently an Adjunct Professor at San Diego State University, a former lecturer at the Yale-in-China program of the Chinese University of Hong Kong, a Visiting Professor at San Francisco University and Stanford University, and a Research Professor at the Institute of Far Eastern Studies at Seton Hall University. In 1997 the Professor was awarded an honorary doctorate in humane psychology from Northern California Graduate University.

*"It's just another element in which you can have the advantage over your competitors. Asians are becoming a big part of our market and this (Feng Shui) is something we cannot ignore."*

Donald Trump, New York Times

*"Feng Shui is a study that puts to use all existing knowledge to choose, to create, and to construct the most ideal working and living environments that will satisfy and enhance the human need."*

Professor Lin Yun

**Registration is now offered through the Yun Lin Temple – call 510.841.2347 today as space is limited.**  
<http://www.yunlintemple.org/workshop.htm>

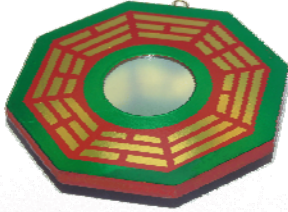
**ANNOUNCEMENT**

Registrants and guests are invited to attend a dinner on August 22nd at 7pm, at the Regency Palace Restaurant, Dragon City Mall in celebration of Grandmaster Professor Lin Yun's visit to Calgary. Tickets (\$50) are limited so don't delay. Contact Tandy at [miester00@yahoo.ca](mailto:miester00@yahoo.ca) for tickets or sponsorship opportunities.

# Online Product Specials

## Bagua Mirror Summer Special \$10.95

The Feng Shui Market Bagua Mirrors are simple, inexpensive and perfect for your Feng Shui needs. Bagua Mirrors are an excellent tool for balancing, enhancing and redirecting energy for our space all year round. It is a traditional Feng Shui cure for the outside of a home or office, to provide a level of protection to all occupants of the building.

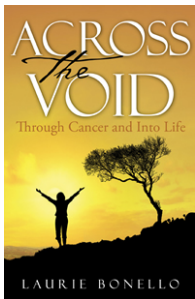


A Bagua Mirror attracts good energy into your home, while redirecting negative energy away. It has the energy of its auspicious 8-sided shape; the energy of the colours red, green and gold; a mirror to deflect negative energy and Trigram markings that represent the pure energy of nature. ***Our exclusive Bagua Mirrors have been custom made for Feng Shui Market – the Trigrams are correctly positioned to be consistent in every respect with BTB Feng Shui.***

Don't feel tempted to purchase the 'fancier' decorator style Bagua Mirrors as they probably will not have the correct balance of colour, trigrams or size of mirror; and you could be incurring unnecessary expense.

Remember – Bagua Mirrors should be replaced if they get damaged, when the colour starts to fade or the wood warps – usually annually.

**Order your Bagua Mirrors today at the Summer Special price!**



## ACROSS THE VOID, Through Cancer and Into Life

Regular Price \$21.95 – **New Release Price \$19.95**

ISBN: 978-0-9812136-0-6  
162 pages

“How can this be happening to me? Why me?” ACROSS THE VOID, Through Cancer and into Life is a compelling and brutally honest account of one woman's journey with breast cancer. Author Laurie Bonello is propelled into the abyss from which she shares her fears and bares her soul. Step by step, she takes her heart in her hands to walk “a journey that too many people must take.”

“I'm sorry to advise you that you have breast cancer,” reports the surgical oncologist. With these chilling words, Bonello embarks on a life-changing odyssey into the unknown. Chemotherapy, radiation, hormone therapy, alternative approaches, good and bad advice, wellness, diet, exercise, spirituality, energy work, holistic healing ~ the sheer weight and number of choices are staggering and navigating this minefield proves a formidable task. Time after time, she stumbles in the face of ongoing challenges but knows on a deep level that the choice of how she plays the hand is hers alone. “True healing began only when I started to take action, and small steps were all that were needed.” Relationships with friends, colleagues and loved ones are affected in profound and unexpected ways. Her search for answers brings the realization that none of it matters unless she can know who she really is. “If I were to die on the operating table the following week, would I have had a good life?”

*“I am so impressed by your writing, your honesty and vulnerability and most of all your courage. Reading your book has inspired me to WANT to make better choices for myself. As I was reading I kept thinking of all the people who should read this book.”*

Grief is real and Bonello's voice rings true. Whether we are dealing with the loss of a loved one, the death of our hopes and dreams or facing our own mortality, she speaks to our humanity and innate need to make sense of the incomprehensible. ACROSS THE VOID is an emotional roller coaster ride into those dark, secret places where few of us are willing to go. For Bonello, it is a life threatening illness that catapults her into a new life. Writing with candor and clarity, she shares her doubts, hopes, tears and triumphs with a generosity of spirit that makes us wish we had just a little of her grace. Her willingness to dig away at painful emotional layers in pursuit of self-love, forgiveness and redemption is at the core of this extraordinary read.

Laurie Bonello is a human resources consultant, Certified Hypnotherapist, Emotional Freedom Technique practitioner, Reiki Master, writer and speaker. She and her husband John live in Saskatoon. Her book is on the top 10 bestseller list at McNally Robinson Booksellers.

Book review by Claire Scott, author of BUTTERFLY BLESSINGS and BUTTERFLY WISDOM

**Order the bestseller “ACROSS THE VOID, Through Cancer and Into Life” Today!**

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