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# Gateway

A Guide to Transformational Living

Volume One - Issue One

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# An Inspirational Guide To Transformational Living

## Welcome to the Gateway

The vision for this publication stems from our seeing a need to share information that will inspire, educate and guide people to live transformational lives. Many practices help us work towards achieving more balance in our lives. No doubt this is an essential first step, but to stop there would not serve our full potential. We have the ability to evolve and transform not only our health but our lives and the world around us. We are moving into a transformational time in history, so doing the same with our own lives is essential.

I have found that there are increasing amounts of overlap in the wisdom from a variety of disciplines as we move closer to revealing fundamental truths. One of the goals of the magazine is to create a forum for a variety of practitioners to offer guidance that will assist people in their journey to a more awakened consciousness.

While reading the articles, stay open to seeing the interconnectedness between the various disciplines, see how they support each other and realize the common goals in the teachings.

To begin living a transformational life, our understanding and awareness of vibrational frequencies is not only helpful but a necessity. Learning what enhances our frequencies and what interferes with our natural vibrations give us the opportunity to make choices and chose practices that move us toward a higher vibrational frequency.

This magazine will feature information and wisdom from many sources ranging from modern scientific research to ancient wisdom from around the world. It is wonderful to see that they support each other and come to similar conclusions regarding the need for us to change how we are living. I hope you enjoy the information you receive here and begin to apply some of the teachings to your own life, which will naturally have a cascade affect on the larger community we all share.

– Rob Clarke





## **A new way to direct our health care: private health service plans**

**W**e live in a world that is ever changing and evolving. We recognize the benefit but also the limitations of western medicine and the mindset has swung to researching new approaches to healthcare. Working with prevention, helping the body, the energetic self, the emotional self and the mind, have become essential elements of our day-to-day life and language. We are fortunate to have many progressive, alternative, complimentary modalities and therapies to choose from.

Many traditional health care insurance plans such as Blue Cross will, for a monthly premium, cover the cost of some of these therapies. However they also dictate what is considered a legitimate medical service. Plus you pay for it whether you use it or not. Understandably, we need to have something in place to look after our and our family's healthcare needs. What are our options? A Private Health Services Plan is an alternative to the traditional medical insurance type plans and is available to small businesses, incorporated or sole-proprietors.

The PHSP is legislated to provide small businesses access to healthcare services, with corporate pre-tax dollar. It is set up as a "utility" rather than insurance. If you use it then you pay, if not you don't. There are no monthly premiums, and this plan can be set up to fit the needs of your business and family.

The greatest benefit, in my eyes, of the PHSP is that it does not limit how you spend your healthcare dollars. Because it is legislated, no discrimination can be made in your personal choices about what healthcare means to you. As long as the therapist or practitioner has the appropriate licensing and/or registration, the choices are not limited. If I choose to spend all my healthcare dollars on Chiropractic care, or Acupuncture, (or both) that is more than ok. (The list includes a wide range of therapies and practitioners, and is not limited.) A PHSP allows you to be the director of your healthcare dollars and your healthcare. Isn't that a nice feeling!

For more information about PHSP's visit the Olympia Trust Company website at [www.olympiatruster.com](http://www.olympiatruster.com) or contact Joelle.

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HEALING MYTHS, HEALING MAGIC:  
BREAKING THE SPELL OF OLD ILLUSIONS:  
RECLAIMING OUR POWER TO HEAL

In his book *Healing Myths Healing Magic*, Donald Epstein shines light on the innate intelligence our bodies have to heal themselves. He urges us to stop second guessing our bodies – to actually listen to what they are telling us – and to stop looking outside ourselves for the magic pill.

He describes beautifully how the stories or myths that are prevalent in our culture provide a “context through which we see our place in the world and set the foundation for how our physiology will respond to life’s challenges.” He goes on to explain how “Our body and mind are deeply affected by the myths we accept without question.”

Many of the healing myths we have in our society are described in detail using powerful examples from the lives of his patients. He then offers us his “magic” in the form of a thought script or affirmation that we can use to reprogram our thinking and lift the limitation or block in our innate intelligence that the myth is causing us.

For example: Healing myth – “Symptoms and disease are inconvenient “obstacles” that need to be controlled or eliminated.”

Healing magic – “My symptoms alert me that my bodymind needs more self-respect, compassion, and my focused attention. They may require that I spend quality time with myself, or even guide me to change my direction and choices in life. I patiently accept my symptoms as information, vibration, and pulsation, with a story to tell me about my life’s journey.”

This magic touched me deeply. I realized that all my life I had been running away from my symptoms and judging them as something alien to myself. After reading this book, I feel that it makes way more sense for me to treat the symptom like a small child that is part of me and really needs attention, to sit down with it and ask it what is wrong – what it needs.

I would highly recommend this book to anyone who is interested in self healing and in connecting with themselves in more authentic and profound ways. I leave you with his invitation to his readers, “I invite you to entertain the possibility that you are more powerful, loving, creative, prosperous, compassionate and healthy than you ever imagined. I invite you to share my personal myth that all beings are part of one community; you are not alone and your experiences are not in vain. You do not have to live life by understanding it first. Your body is sacred and only through fully experiencing your biology can you express spirit more fully, and live in a state of grace.”

— by Lara Shannon

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# ACUPUNCTURE AND HERBAL MEDICINE

Dr. Lisa Weleschuk

**A**cupuncture has been used as an effective form of medical treatment in Asia for more than 3,000 years. Very fine, hair-like needles are gently inserted into specific acupuncture points to restore and maintain health.

Chinese medicine works on the basic principle of maintaining balance in the body. If the body is out of balance, physical symptoms can appear. As the body is brought back into balance (through acupuncture and herbal medicine), physical symptoms disappear. The goal of Traditional Chinese Medicine is to solve the “root” cause of a condition, and not just to alleviate the symptoms. If someone has recurring headaches, for example, Chinese medicine looks to find the underlying imbalance in the body, gently bringing it back to harmony at the same time as relieving the symptomatic pain.

Acupuncture works with the meridian systems in our body. Our main internal organs are connected to a network of meridians, which can be directly accessed through the acupuncture points. In this way, the organs can be directly strengthened and tonified.

The needles also have an anti-inflammatory effect, as the body’s natural healing mechanisms are stimulated, increasing circulation and relaxing muscles. People experience acupuncture differently, but most feel no or minimal pain. Before each treatment, diagnostic tools are used by the practitioner (including tongue and pulse inspection), so a custom tailored treatment is given to the individual each time.

Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as effective in treating the following conditions:

- Addiction - (alcohol, drug, smoking)
- Arthritis
- Asthma
- Bronchitis
- Carpal Tunnel Syndrome
- Chronic fatigue
- Colitis
- Common Cold
- Constipation
- Dental pain
- Depression
- Diarrhea
- Digestive trouble
- Dizziness
- Dysentery
- Emotional imbalances
- Eye Problems
- Facial palsy/tics
- Fatigue
- Fertility
- Fibromyalgia
- Gingivitis
- Headache
- Hiccough
- Incontinence
- Indigestion
- Irritable Bowel Syndrome
- Low back pain
- Menopause
- Menstrual irregularities
- Migraine
- Morning sickness
- Nausea
- Osteoarthritis
- Pain
- PMS
- Pneumonia
- Reproductive problems
- Rhinitis
- Sciatica
- Seasonal affective disorder (SAD)
- Shoulder pain
- Sinusitis
- Sleep disturbance
- Smoking Cessation
- Sore throat
- Stress
- Tennis elbow
- Tonsillitis
- Tooth pain
- Trigeminal neuralgia
- Urinary Tract Infections
- Vomiting
- Wrist pain



- - -

Dr. Lisa Weleschuk is a graduate of the Alberta College of Acupuncture and Traditional Chinese Medicine, where she has received diplomas in Acupuncture, Traditional Chinese Medicine, as well as from the University of Beijing for studies completed in China. Lisa extensively uses 5-element acupuncture (an ancient form of acupuncture), and Esoteric acupuncture (working with the Indian chakra system and other modalities). She enjoys incorporating herbal medicine into her practice (sourced from high quality, pesticide and toxin-free herbs).







## Network Chiropractic - A Perspective from a New Practice Member

I went to Dr. Rob Clarke's office knowing that Network Chiropractic was a different type of chiropractic. I had no idea I would be sitting here a month later trying to describe the profound effect it is having on all areas of my life.

A treatment is called an entrainment. During each entrainment you lie face down on a massage table and Dr. Rob uses gentle touches along the spine and asks you to breathe into certain areas. Then it's a bit like your back is the crowd at a sports event and he has started the wave and each part of it slowly stands up and sits down again. It's a very subtle movement and just feels to me like some stored tension is being released. Several times I have found that tears are flowing from my eyes during the treatment and I feel very refreshed afterwards.

A patient is called a practice member. As a practice member, I feel like the responsibility for improving my health is mine and that Dr. Rob and anyone else that is in the office when I am there are part of my team. At first I thought it was a bit strange that the treatment area was a large room with four tables where several people were being entrained at the same time. Then I realized that this helps the doctor with efficiency and also helps the practice members, when one person in the room experiences a change this energetically waves out and subtly affects all the others.

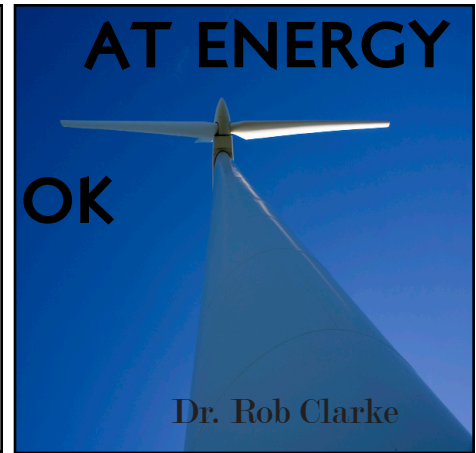
So what is really going on here? I think I fully understood when I saw Dr. Rob work on my children. I have two girls, one is five and one is three. When he touched their backs, first at the neck and then the tailbone, I saw their little bodies immediately respond with waves. Each of them also had other involuntary movements like a gentle head rocking and a bit of twitching here and there. It looked like their bodies just needed to work some stuff out and this entrainment was creating a "safe space" for that to happen. When he started with my five year old, she lied on her tummy and one of her legs was about 3cm longer than the other, after the entrainment her legs were perfectly even. Both children were completely delighted with Dr. Rob and immediately wanted their dolls to have a turn receiving his "doctor magic".

"The developer of NSA (Network Chiropractic), Donald Epstein, D.C., of Longmont, describes NSA as "a very gentle touch along the spine, especially in the vicinity where the spinal cord attaches at the neck and the lower spine." The touch helps the body "self-organize" to develop new strategies that eventually lead to wellness in all areas, including physical, emotional and spiritual fronts. In practical terms, the user becomes more aware of his or her body, energy and breathing and may experience rhythmic, spontaneous movement on the table. Off the table, most people experience a decrease in physical ailments and stress; some long-time NSA users report relief from past physical and emotional traumas." (Chiropractic: A wave of wellness By Wendy Underhill, <http://www.associationfornetworkcare.com/articles/nexus.shtml>)

I have been going to the Gateway Wellness Centre for two or three visits a week for just over a month now and have found that I can no longer ignore the stiffness in my neck and back. I feel motivated to move more authentically and to listen to my body. It is like the pain in my body is no longer a nuisance – it's a gift, showing me that I need to focus my attention on these areas and that the stresses I have ignored and stored up are calling to me to work through them and release them – to use them as fuel to get busy living here and now and to celebrate the wonders around me.

Lara Shannon





In an effort change the planet and make it a greener place to live we must shift how we look at power. No longer is it acceptable or even wise to leave the control of our valuable resources to large multinational companies and government. Current grid systems and distribution of oil-based products is not sustainable. We need to begin looking at local small scale energy production and cooperative distribution sharing sites to help us shift how we produce and access energy. Wind, solar power, bio-diesel, ethanol, methane and of course Hydrogen power don't fit into the current energy network.

Farmers can begin to look at that bumper crop in a different light. In the past good production usually means a drop in the commodity price, with the right technology they could chose to produce ethanol or bio-diesel as part of their crop or allowing them to heat their barn and home with the fuel they produced on site, the excess can be sold to a local coop. No one of these new fuels will ever take the place of current energy system, but together they can begin to change the landscape of how we use our resources. Already in Alberta we are seeing the building of alternative energy factories. This is all well and good but we can take it one step further if we can learn to combine small scale energy production with low use innovations such as LED lighting.

There our overall reliance on the massive energy production system can become a thing of the past. Right here in Calgary we have a great organization "Light Up the World foundation" using solar power and LED technology to help people in developing countries to have sustainable lighting. We can support them and find ways of using this approach to light up our homes and work spaces.

When talking to people in the oil industry they say hydrogen is too expensive to make. Yes if you burn coal, gas or oil to create hydrogen it doesn't add up. If we use wind power, bio-diesel and solar power to produce it then the equation changes. On warm windy days in southern Alberta we produce more electricity than the grid needs, at times like these we could be producing hydrogen to be used during the cold winter months, or fuel zero emission fuel cell cars.

Bio Diesel and Ethanol are renewable and produce less carbon emissions than conventional gasoline. Methane from livestock and landfill sites can be trapped and used for fuel, better to burn it and produce electricity than simply letting it escape into the environment. As we begin using these approaches it will not challenge the existing infrastructure but will allow it to slow down and extend the life of our nonrenewable resources.

Governments would have us believe that making these changes is too expensive. Not making these changes is what will cost us the most in real terms of having a sustainable future. I would like to see Canada become a world leader in using alternative fuels and designing technologies that use less energy. We already have great companies that are world leaders in this field. Companies like Ballard who are recognized as the world leader in fuel cell development and production. Our governments should offer these groups substantial tax incentives to continue their good work and invest in new ideas. Let's make Canada the world's biggest exporter of Green technology.

We can buy products from people who are making earth friendly products. One local company, Bullfrog power gives us the choice to receive electricity generated purely from wind power. This is worth supporting. Talk to your local, provincial and federal government, tell them that this is a priority. You should only support people who can grasp the importance of this change and understand the dynamics of creating a diverse, sustainable energy sector. Rather than slowing down our economy, going green has the potential to add to our economic growth and prosperity.

# LEARNING AS WE HEAL

DR. ROB CLARKE

*At some point*, we begin to look at our lives and our health in a different light. This is often the result of a crisis, either health or personal. Sometimes, hearing a powerful message or reading an inspiring book triggers this change. At this moment we can begin looking at our selves and our lives in a more objective way. We then begin to discover the patterns we have developed to cope with the stresses we face. Most of these coping strategies were appropriate at the time we developed them. Fortunately, our lives evolve and we have the opportunity to develop more evolved strategies that match our current situations.

In order to create new strategies we need to feel safe. Our busy lives rarely give us the space and time to shift from the state of fight or flight into rest and digest, which is where we need to be to develop these new strategies. Once we achieve a little objectivity, we can start identifying how we respond to situations in our lives and this gives us space to begin responding in more proactive ways.

Gateway Wellness Centre offers care and workshops that will help you in this process of Discovery, Transformation and Awakening.

## DISCOVERY

During level one of Network Chiropractic Care the primary objective is to help you shift into that state of rest and digest where you can begin to let go of old patterns. This is a good time to begin the SRI (Somato Respiratory Integration) workshops that we offer.

The first SRI exercises help us to connect with our out-dated patterns, this connection assists us in letting them go. We all need to connect with our wounded parts so we can embrace them and move through them and forward. Our old patterns are intimately connected to those wounds, so it is only once we connect with them that we can continue our evolution.

## TRANSFORMATION

The next step is to transform our wounds and old patterns into the gifts and fuel that move us toward living a more heart-centered or soulful life. Learning to accept our brilliance along with our faults is essential to helping us transform our lives.

This allows us to see that our dark side is just as much a part of us as our light side. The focus of level two of Network Care guides your body to develop new effective strategies that allow us to use life stresses as a catalyst to move us closer to living a more awakened life. SRI exercises also support this transformational process. These exercises combine breathing, awareness and placing your hands on your body. This creates a safe vehicle to help discover old patterns, and transform them into awakening energy.

## AWAKENING

On some level we all desire awakening. Many of us attend workshops, meditate and read inspired writings to assist us in being more awakened. The secret is that we need to be comfortable with our human faults and learn skills to assist us in transforming those old patterns to create sustainable enlightenment. Advanced Network Care and SRI create a framework, which supports these other mechanisms of awakening.

## INTEGRATION

Living a soulful life, being heart centered, being awakened, all mean the same thing. Most young children are this way naturally. As we grow, learn and adapt we begin living our lives through our heads instead of our hearts. It takes practice to reeducate ourselves to use the knowledge we have gained and still lead a heart centered life. As this wisdom grows we become skillful at recognizing our discovery state, learning to transform our wounds and old patterns into fuel for our awakening soul. This is referred to as integration. We need to be comfortable with our wounds and old patterns but not have them control our responses to day-to-day stresses. We can then dance gracefully between these different states of awareness, allowing us to spend more time in awakening.

Receiving Network Care and practicing SRI, supports us through the discovery, the transformation and the awakening process.

This allows us to learn more about our selves and our patterns at a pace that we are comfortable with and to integrate all of the healing modalities we currently enjoy.



# Seva's Blog

(for Gateway Wellness Center Magazine)

## The Spiritual Heart: Becoming Happy, Whole, and Empowered

The spiritual heart of a person is where body, mind and spirit emerge as a single, integrated state of being. Here, we do not identify with particular emotions, or beliefs, or our physicality, but with our wholeness. That wholeness is a state of consciousness and has as its frame of reference a particular point within in our body. Out of that point emerges the spiritual heart. Until that emergence, or awakening, it exists only in potential.

Looking into wholeness it is not difficult to see our own suffering. It represents itself in a myriad of ways: as emotions, memories, ways of thinking, circumstances of life, people, body parts and functions, the strivings of our soul, all animated in observable ways within us and around us.

We can interact with that suffering, understand it, react to it, find out what it wants or needs. Struggle with it. Sometimes we can pretend to ignore it, which, of course, does little more than give it the space to fester so it can haunt us later.

Or we can take some kind of action.

In the spiritual heart, that action is designed to move the wholeness, not the elements of suffering themselves. By altering the state of being as a whole, all parts of the individual are lifted. That happens because these single elements of suffering are actually part of the whole. They only appear separate. They are ways we fragment our identity and ground it in perceptions which are not only unhappy, but which also distract us from our fundamental reality as spiritual beings.

That fundamental reality is our wholeness, which is actually a place of enduring happiness, fascination, and meaning.

By moving the whole, fragmentation ceases. All thoughts, feelings and energies generally are lifted, and have the opportunity to be grounded in a different level of perception. That is the level of perception, and functioning, that is more supportive of the whole. From that angle of vision, all of life feels differently; it reflects the vigor of our own innate spirit, not what brings us down.

When that happens, not only do we feel more like a whole person, but it is also harder and harder for the elements of suffering to maintain their position. By that I mean their habitual tendencies, and their hold on us. Therefore it becomes harder and harder for us to fall back into taking so seriously the voice and mood of suffering. Or when we do, we return to our senses much more quickly and regain more easily the happy ground of our wholeness.

Slowly, suffering is defeated.

Speaking as both a therapist and a teacher, I can say that there are three main areas of knowledge needed to live life really from our spiritual heart. One is to explore the space. Get to know it. That requires a certain kind of initiation and some further instruction in order to stabilize the awareness.

Two is a method of healing. By that I mean an appropriate method applicable to this type of work. One way is to verbally explore the inner and outer obstacles in life, contemplate the spiritual heart, and find out what moves the whole state of being forward. That usually involves a particular kind of contemplation or meditation, and a little education.

Third is the ability to work directly with intent in the space of the spiritual heart. Intentions that are helpful to you, to others, and the world in general take on great power when introduced into your spiritual heart, especially when they come from the deepest level of your thoughtfulness. They will shape your way of experiencing and doing in the world.

Be forewarned however. There are many obstacles to that kind of power. Some of those are due to intrapsychic habits shaped by our personal history. Many are due to collective beliefs and attitudes, and the firestorm of fragmented and unhappy emotional states sweeping across the world right now.

Still, despite the invitation to do so, the choice is never to go back to what appears familiar, or known. Go forward instead. Take a risk. Reach for true happiness. The spiritual heart is its own reward and you will discover that if you honestly reach for it.

- Seva Terrell





# Gateway Wellness Centre

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