

Lotus House News

Newsletter

Spring 2008

The Lotus House events calendar:

www.my.calendars.net/lotushouseevents

Mike's Musings: The Harmful Effects of Alcohol

Debby's Diversions : New Beginnings: the Age of Aquarius, a new 9 year cycle AND the Chinese Zodiac ...

Other New Beginnings: Looking for a new home; New Vancouver office on Sundays

Sunrider Secrets: Sunrider's Hand Cleansing Gel

Chloe Scarf & Lucan Charchuk open their new Salon in Crescent Beach

Debbie Riopel and Mark Broscheit return from the Philippines ready to teach a new heart-opening Qigong style

Sunrider Product of the Month:

This month's favorite product is Sunrider's Hand Cleansing Gel. We've been traveling a lot this winter & I notice how often I reach for my tube of Gel to clean my hands when they feel grubby, before eating, after using public facilities, etc.

The Gel cleans easily, smells great, dries quickly, leaves my hands feeling soft & smooth & tucks conveniently in a purse or pocket.

Well, here I am designing our first newsletter. With many bits of interesting and exciting (to us anyways....) news about changes and new opportunities, I am inspired to start this project that I've been planning for a long time.

If you don't wish to receive this newsletter (monthly) please email us at info@mikelang.ca with "cancel email" on the subject line.

Mike's Musings: I think we'll start with Mike's standby of "Don't Drink Alcohol". Not necessarily a popular topic, but in the culture you have 3 drinks you have to eat the food to finish. we might as well get it out of the way right from the beginning.

Alcohol is a poison, it's just like Beer, but people numb the body making us feel very relaxed. This numbing short-circuits the body's protection systems, including the immune system, making us vulnerable to illness and body damage of all sorts.

The circulatory system relaxes, meaning that the blood pools in the limbs. Blockages are opened, allowing us to have a temporary increase in blood

flow—however, over time the elasticity of the blood vessels is compromised.

Just like rubbing alcohol is used to kill bacteria on the skin surface (like Mike does when he works on the ear), the alcohol we drink kills that day's new cell growth in our bodies, creating a negative balance in our body's regeneration cycle.

Because the body can't actually deal with alcohol and the toxins it creates, the liver is quickly affected, becoming inflamed and "hard" in parts, over time. I'm amazed at how often Mike finds signs of this when he reads people's ears.

People who take care of their health are especially sensitive to the effects of even small amounts of alcohol because their bodies are more reactive to negative influences.

However, these people are often more concerned about the effects of caffeine or sugar than about the much more harmful effects of beer and wine, etc. because we have been encouraged to consider that a small amount of alcohol is, if not actually beneficial, at least not harmful.

Mike is convinced that many people who otherwise take very good care of their bodies and their diets, would do well to give up alcohol for a month and notice how much better they feel.

Two to three days after a drink, people usually notice that they feel tired, irritable and that their joints are painful but, because it is a few days later, they don't associate the discomfort with the alcohol.

Those who suffer from digestive, colon, intestinal, etc. problems are especially vulnerable. Alcohol inflames the body's tissues and, combined with the loss of the new growth of cells in the digestive tract, the lining of the digestive system becomes raw, exacerbating the burning effects of the alcohol and intensifying the negative impact on these tissues.

However, since the body goes numb, this rawness in the digestive tract is often not experienced immediately, allowing more serious damage to happen to the digestion and circulation while the pain reflex is not functioning.

Other side effects of drinking alcohol include heartburn, Candida overgrowth, destruction of "good" bacteria in the digestive tract, migraine triggers, toxins settling in joints and the spinal column (which creates a kind of arthritis over time) and other not-so-pleasant reminders of an

otherwise delightful celebration.

In addition, alcohol also affects the ability of the digestive tract to absorb and process nutrition. In the long term, the skin & inner tissues become thin; blood vessels enlarge, lose elasticity and are easily broken.

Have I said enough?



Debbi's Diversions:

Just last month we experienced a

complete transfusion of energy on this planet the likes of which hasn't been experienced before. Since this was preceded by the withdrawal of the old energy connections we were accustomed to with our "higher" selves for a while (November to January), this was a rather difficult time for most people—did you notice depression, illness, relationship tensions or general BLAH? That was it—our ego selves left alone without the spiritual connection we often take for granted. And then in mid-January this VERY new energy came flooding in! Somewhat like a spiritual Oil Change-- Thank goodness that's OVER with!

From what I gather, we're now ready to enter the world of tomorrow. Meaning that this truly is the time we've been waiting for. Termed "Ascension Energy", the door has opened to the potential to regain our "light bodies".

I've really noticed that my ability to manifest (for good AND not so good) is fast and effective. Hmmmm.

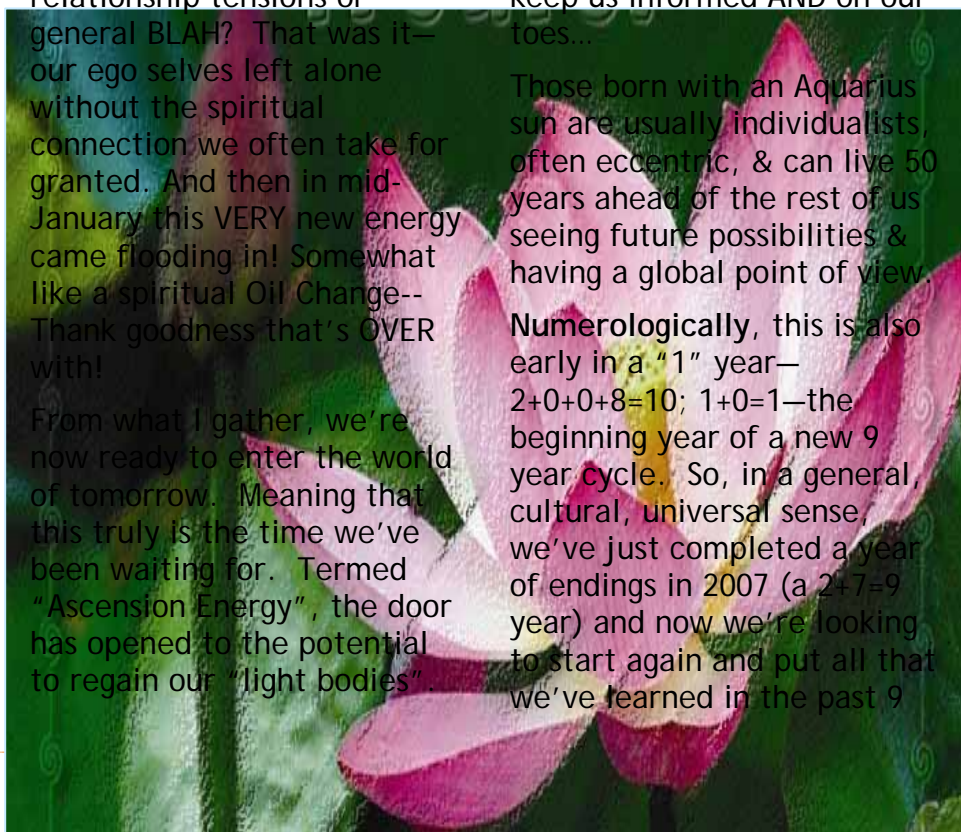
Lightworkers will be coaxed, pushed, enticed and FORCED out of the shadows into the LIGHT to use their spiritual gifts to light the way for everyone to find their truth, health and freedom. That's what we all really had in mind when we came to this particular lifetime. I guess this is what "the dawning of the Age of Aquarius" really looks like....

Aquarius energy is lightning fast, electrical, and allows no room for subterfuge, hidden agendas, or dishonesty. Have you noticed how we are hearing about the misdemeanors of the mighty (and not so mighty) very quickly these days? Aquarius rules technology & communications & its energy flows through the most advanced media to keep us informed AND on our toes...

Those born with an Aquarius sun are usually individualists, often eccentric, & can live 50 years ahead of the rest of us seeing future possibilities & having a global point of view.

Numerologically, this is also early in a "1" year—

$2+0+0+8=10$; $1+0=1$ —the beginning year of a new 9 year cycle. So, in a general, cultural, universal sense, we've just completed a year of endings in 2007 (a $2+7=9$ year) and now we're looking to start again and put all that we've learned in the past 9



year cycle to use in a bigger, better, more challenging picture.

2008 is a "1" year in a general, global sense because each of us also has our own personal cycle of nine years—adding together the day and month (not year) of your birth reveals your personal year cycle number.

Therefore, a March 26th birthday would be $3+2+6=11$; $1+1=2$ (for those of you savvy in numerology, 11 and 22 are also reduced to one digit to find the personal year). Therefore, while the big picture of a 1 year from January to December in 2008 affects everyone on the planet, most of us have another number casting its energy in our personal lives from birthday to birthday.

Each number has its own meaning and energy—a 1 year is not only about new beginnings but it's also a leadership number. Interesting that we have an American election this year and talk of an election possibility coming up for Canadian politics too. New beginnings in leadership—very 1-ish.

Since this is also the Year of the Rat (or Mouse) in the Chinese zodiac, which is the beginning year of the 12 year cycle of animal energies for this system, we have an even stronger "let's begin again" impulse this year. Chinese New Year was just a month ago. So if you are experiencing changes and

new beginnings or if you are longing for them, this is why.

New Office: We've also opened an office in Vancouver on **Sundays from 9:30 am to 6 pm**. This makes Mike's treatments much more accessible to Vancouverites and North Vancouverites (some of our most favourite people...). Anyone interested in having a treatment with Mike in Vancouver can phone (604 542-5196) to book.

Mike is still doing ½ hour Health Analysis and Ear Acupuncture treatments (\$50), 1 hour Acupressure Massage (\$80), or both treatments together (1.5 hours) for \$120.

In addition, he also does a 1 hour introductory session with Ear Acupuncture, Health Analysis and Health Information for new patients (\$80).

The office is at #4 - 234 West 11th Ave (between Alberta & Columbia) near City Hall. We're very grateful to Homeopathic Doctor Pat Walker for opening her office space for our use.

Looking for a New Home:

Yes, we are looking for a new home to give us a more practical set up for offices, event space, and home with privacy in the White Rock / South Surrey area. We're not in a rush, luckily, so we can find the perfect new venue when the time is right.

I'm very sad to think about leaving our lovely Lotus House on the Hill space but the time has come.... If anyone has any leads for us, we're very grateful to hear about them.

Seventh Heaven Salon:

Here's a timely update from our friends, Chloe and Luc, in their innovative Hair and Art Salon. This beautiful space at Crescent Beach uniquely showcases not just the talents of Chloe, a master hair colorist/hairdresser (with a divine singing voice), and Luc, a talented local artist, but also the creations of several of their friends and colleagues.

Chloe's non-ammonia hair colours and her dedication to providing healthy and environ-mentally friendly hair products are bringing her a growing group of admirers in this very new venue. Luc's artwork is shown to great advantage in this lofty space with the wonderful ocean view.

Luc writes: "A recent open house Valentine event, "An After Dinner Affair" was held on Valentine's Day showcasing the work of our two resident artists, Dale Ramsey of **Beyond Form** and Lucan Charchuk.

Mr. Ramsey works in both wood and stone to create magical pieces. Two of his Deco dressing stands grace the studio accompanied by a

number of sensual sculptures.

Also on exhibit at Seventh Heaven is the limited edition print on canvas titled "Waterlillies" ~ The significance of this work of art is more than simply a snapshot of nature in that waterlillies allude to the unseen mystery of dark waters, which lurks beneath the beauty of life, and the light that supports us. The gift of the lotus flower, whose unseen roots are transformed from the subterranean murk of the unknown to the beauty of light in a quiet pond floating as if in air, becomes very spiritual in nature. The soft atmosphere of a quiet pond draws the viewer in to experience this transcendental place of being.

Lucan invites art commissions which are spiritual in nature to honour and enhance your personal vision. Co-create a priceless art legacy today!

The entire gallery ensemble is truly a sight to behold! Seventh Heaven Art Salon will be open Sundays, by appointment, for public viewing. Private viewings are now available by appointment. More art salons are planned for the future with events showcasing the works of multi-talented artists. Seventh Heaven Hair Gallery and Bio Salon is located at 12185 Beecher Street, Crescent Beach, BC

Contact: Chloe and Luc @ 604 471-8449 or email seventhheaven@telus.net.

More Good News from Luc:



Drawing For All Levels: "The Art of Drawing" from beginner to intermediate and beyond! Instruction and tutorial are now available for ages 5 to adult in scenic Crescent Beach or in the privacy of your own home. Working in both wet and dry mediums, black and white or colour.

Call Luke at 604 536-3225

4 or 8 week 2hr sessions Monday or Thursday. 65.00 per person per 4 week session plus materials.

Spring sessions begin soon.

Private tutorial available at hourly rates.

Awakening the Soul

Qigong: Mark Broscheit reports: "Debbie and I are back from the Philippines having experienced ten wonderful days with Master Li and the Teacher Training support group.

This is the first time that Awakening the Soul, our newest form of Sheng Zhen Qigong, has been taught. Debbie and I are excited to be able to share this extraordinary practice with you."

Please call Mark and Debbie at 60 535-2235 for more information about this exciting new form of Qigong taught to them by Master Li. They are offering classes for this timely, healing and simple form of Qigong in several locations this spring.



Evolve Yoga with Christine: Since Christine Stoevelaar is enjoying a rest in Hawaii till later this month, I'm going to give you the heads up about her yoga. She'll soon be offering classes locally so stay tuned...

Christine is trained in the Kripalu style of Yoga as well as in Restorative practices and is currently studying Yoga Therapy with Leila Stuart. She also has 13 years experience in many other yoga styles, including Iyengar and Ashtanga.

Christine is passionate about teaching Yoga philosophy as an essential component in many of her classes. Her students find her an encouraging and dynamic teacher who inspires them to "ride the wave" of transform-ation in their practice and in their lives.