

ARTICLES

| | |
|--|----|
| Embracing Change <i>by Bhadrena C. Tschumi</i> | 06 |
| Inherent Health in Birth <i>by Nets Manela</i> | 20 |
| Truth and Reconciliation: Searching for the Health <i>by Ruti Wagaki</i> | 24 |
| Digesting Experience: Umbilical Affect & Meeting Change <i>by Cherionna Menzam-Sills</i> | 34 |
| Dr. Sutherland’s Spiritual Odyssey <i>by Michael J. Shea</i> | 42 |
| Appreciating Lineage While Embracing Change <i>by Roger Gilchrist</i> | 49 |

ARTS + ENTERTAINMENT

| | |
|---|----|
| Healing Is . . . <i>by Paula Potts</i> | 33 |
| And the Grass Grows Between Us <i>by Kate White</i> | 47 |
| Wave Painting <i>by Suzanna Ritchie</i> | 59 |

ORGANIZATIONAL NEWS

| | |
|-------------------------------------|----|
| BCTA/NA Mission Statement..... | 03 |
| Write for the Wave..... | 03 |
| Letter from BCTA/NA Leadership..... | 04 |
| General Support..... | 05 |

| | |
|--|-----------|
| DIRECTORY OF BCTA/NA COMMITTEES + BOARD MEMBERS | 59 |
|--|-----------|

COVER ART | Amy Linville, RCST® is also an esthetician, artist and lifelong learner. She believes cultivating a connection to our wholeness, a full creative embodiment, is the key to our health and vitality.