

A Retreat to Reality

By Robert Ball

What if you could let go of your cares and woes for just one sweet weekend and spend it in the company of compassionate, gentle and eccentric people who nurture and love you beyond your wildest dreams? Imagine three pairs of energized and searching hands working in unison, bringing your body to an ecstatic climax of flowing chi.

Well my friends you missed another golden opportunity when you let the July 24-25 Lasqueti Island Retreat slip through your consciousness on to the busy motorway of your rattled mind.

Imagine basking in the early morning sun, absorbing the energy of Mother Earth and Father Heaven through your favorite Chi Kung exercise. In one special moment balancing a saucer (perhaps laden with a “cup of cha” or is that a “cup of chi”) as your body moves with the agility of a well-oiled belly dancer keeping the cup and saucer horizontal. It looks like something you remember from the Ed Sullivan show.

After such a glorious work out it is time to begin preparing the first of many repasts for the Gods.

Using carefully picked and prepared food to stimulate the correct digestive juices for optimum chi extraction our bodies become a veritable industrial-strength Juiceman.

After such fine dining you can now surrender to a relaxing nap under a shady tree with a gentle breeze keeping you comfortable and cool and the bugs at bay. For others it is a refreshing dip in the ocean a short walk away.

And now it is show time folks. A yummy session under the expert guidance of ninja trained fingers that probe and tease out those holdings that we just don't have time to acknowledge in the everyday hustle and bustle of “Real Living” back home.

Everyone gets their turn and becomes renewed.

What do you know? It is supertime with more scrumptious dining followed by napping and swimming.

But, hold on, there is yet another treat awaiting the resistant-knotted shoulders and clenched buttocks that will not give in. The “Hot Tub” in Noel and Merrick's Garden of Eden. You make your way through a sea of lovingly planted vegetables and flowers and wide expanses of freshly mown lawns until you come upon the steaming cauldron of delights blending into the landscape.

Soaking in sheer ecstasy until you feel like a slab of creamy butter left out in the mid-day sun you realize that around the corner is a rude awakening. It is the Mexican shower under the big ol' tree that deluges you in spine tingling crystal water gathered in the tank up on the hill. Ah! That is refreshing, or should I say chi-lling.

Then it's back to the Teapot House for an amazing night under the stars that inspire a peaceful and restful sleep. As you fall into dreamland the thought crosses your mind “This is Reality and I get to do it all again tomorrow”.

For proof of this Nirvana and further enjoyment visit www.acupressurebc.org/Retreatpic.html