

# Christina Lake:

## Miracle Retreats In Idyllic Surroundings

> By Karen Dabrowska

Voted British Columbia's favorite Lake, Christina Lake is famous for its clean, clear water, warmth and beauty. The pristine lake is located half way between the west coast and Alberta in beautiful Boundary Country.

**C**hristina Lake is considered part of the Boundary Country, the area of the province nestled between the Okanagan Valley and West Kootenay Valley and the Monashee Mountains. The friendly small town feel is contagious, and people return year after year. The surrounding mountains offer an abundance of uncrowded hiking and biking trails, as well as warm rivers, kayaking, canoeing and fishing and the spectacular Cascade Gorge.

Jimmy Beans Cafe is a delightful restaurant with Internet access, which features a variety of homemade meals and live country music. Christina Lake is also home to Miracle Retreats run by German-born Renate Clausen (53), who has dedicated fifteen years to learn from the pioneers of energy medicine. She is practicing and teaching different healing modalities including Reiki, hands-on-healing, Qi-gong practices creating energy flow in the body, and Synergetic Therapy, a transformational session uncovering information stored in the body, which causes disease. The change of stored images and subconscious beliefs results in peace and a well being and helps overcome trauma.

Renate's latest passion is the energetic and healing aspect of alkaline food. The book "The Ph-Miracle" by Dr. Robert O. Young and Shelly Young was the "missing link" to create healing retreats focused only on holistic approaches", she told Islamic Tourism. "The theory of the new biology is that there is only one disease - over-acidification of the body which results in



an environment in which disease producing organisms thrive. Yeast, fungus, bacteria and viruses can't exist in an alkaline environment. The macro-biotic diet is focused on a selection of green vegetables. It creates an alkaline environment which prevents diseases as well as fighting toxins already in the body". The Retreats are run at the GreenHouseRetreat on two acres of lush farmland near the edge of the town of Christina Lake just a minutes walk from the lake. The grounds are a great delight with scented roses and lilac hedges surrounding a Celtic garden and a stone circle. ■

### GETTING THERE:

Fly to Vancouver, on Air Canada, take the Greyhound bus through the Rockies to Christina Lake. **Where to stay:** GreenHouseRetreats, 1920 Ritchie Road, Christina Lake, British Columbia, V0H 1E2, Canada **Contact:** Renate Clausen [www.miracleretreats.com](http://www.miracleretreats.com)

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