



ANGELS AND ANCESTORS MAGAZINE

SHARING THE NATURAL WISDOM OF THE EARTH AND ITS INHABITANTS



Joyfully Touch The Earth!

February 2010 Volume 4 Issue 5

www.angelsandancestors.com

Cover photo by S. Roger Joyeux CPP

Are You
 where you want to be. . .
 Discover
 what is blocking you!

In your CAREER?
 In your RELATIONSHIPS?
 In your FINANCES?
 In your HEALTH?

About Judy . . .
 One client says, " I have seen Judy twice
 now, and my life has completely shifted!
 I am pursuing healthy relationships that
 I had forgotten that existed. I received
 a Karma cleanse for my business, and
 WoW! My business has boomed in
 the last week since I had my session
 with Judy. I refer my friends
 and family to Judy."
 (Angie, Calgary, Aug/09)



About Roger . . .
 It's wonderful to discover
 that a leader of this calibre is
 part of the Calgary community.
 Roger's strengths as a teacher are
 that he is truly passionate about his
 work, and that he is ready to make a
 difference in the world. What makes
 his class so enjoyable is his down to Earth,
 practical, humble, and humorous approach,
 which makes him fun to listen to.
 (Andrew, Calgary)

Book your Spring
 Body, Mind, Spirit CHECK UP
 with Judy or Roger at
 Angels and Ancestors

www.angelsandancestors.com
 403-225-2016

*Great people illumine the
four quarters with continuing
light! ~Confucius*

ANGELS AND ANCESTORS

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Since 2006



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Editors – Judy Hirst-Joyeux and Roger Joyeux
Contributors – Judy Hirst-Joyeux, Roger Joyeux,
Samantha Hussey, Sharon Montgomery
Layout – Judy Hirst-Joyeux
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How To Reach Us

By Email – for letters to the editor, stories, poetry
info@angelsandancestors.com

By Phone – to comment on the magazine or to share ideas and thoughts (403-225-2016)

By Mail – Angels And Ancestors
331 Deercroft Place SE
Calgary, AB Canada T2J 5V6

See us on the web at www.angelsandancestors.com

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➤ Subscribe online at
www.angelsandancestors.com/signup.html

➤ Mail subscriptions \$3.50 per issue or \$38.00 per year

FROM THE EDITORS

*"I do it for the joy it brings, 'cause I'm a joyful girl.
'Cause the world owes us nothing, we owe each other
the world."*

-from Ani DiFranco, an American singer

This month's theme is "Joyfully Touch The Earth". You can see the joy on, our dog, Sage's face as he runs across the snow in the cover picture on this month's edition. Thanks to Roger Joyeux for providing it. Spirit gave me this theme for two reasons. One, Spirit is concerned because many of us are going through this world blindly, without seeing and enjoying nature, and with no thought to how we may be harming the Earth. Spirit believes that we have lost the joy of being alive – the joy that all the animals feel. As an explanation, Spirit says that animals do not worry about what happened yesterday. Nor do the animals obsess about someone doing them wrong. Animals are in the present, and joyfully so. They show us this because they all love to play. Two, Spirit wants us to be aware of joy because of all the loving things that are happening this month.

One of those things is Valentine's Day – a time when we joyfully tell those around us that we love them and appreciate them. Who does not feel happy and excited when the perfect gift is found and then presented to a loved one?

It is also the month of the 2010 Winter Olympics being held in Canada. At this point, some athletes are still hoping for spots at the Olympics. I listened to an interview with speed skater, Clara Hughes, on Jan 25, 2010, and, I was amazed at the joy in her voice as she talked about skating and how hard it is on her body. Check out the blog that I wrote on her, and the link to the radio podcast.

angelsandancestors.blogspot.com/2010/01/from-judy-clara-hughes-remarkable.html

Having Spirit remind me about being joyful made me be more conscious of the choices that I make about how I feel – how I feel about getting out of bed, how I feel about walking the dogs on a cold morning, how I feel when I am sitting in meditation, how I feel when I work on my blogs, how I feel when Roger and I sit and enjoy a cup of tea, and how I feel when the furnace comes on in the morning. Each of these moments has its own spark of joy that makes my heart feel warm, and makes me wonderfully glad to be alive and well. May each day be joyful for you, too! ~~ Judy and Roger

Two moose show their love and joyfulness in this picture from an email from my friend Lise. ~ Judy



THE MOVE FROM NEWSLETTER TO MAGAZINE

We are very excited to move from our newsletter format of the last three years into a magazine format. There are several reasons for this change:

- In a newsletter, our space is limited so there is much information that can not be shared. Our goal is to share more information to empower each of you to assimilate ideas to use in your life.
- Our readers have been telling us that we have great stories and wisdom, and that we should be sharing it with a broader audience, that is, in magazine form. We hope to have this in print form by the end of the year, if not sooner.

LOOKING FOR SUBMISSIONS

The next magazine comes out in March. The theme will be "Illusions". If you have poetry, stories, or pictures that you would like to submit for the March issue, please submit them to judy@angelsandancestors.com. See the guidelines on Page 2 under Publication Information.

THANK YOU!

We have several talented writers that have provided articles for this issue. Thanks to Samantha Hussey, Sharon Montgomery, S. Roger Joyeux, and the legacy of the great OSHO.

**" If you must speak ill of
another, do not speak it . . . write
it in the sand near the water's
edge. "**

Napoleon Hill



UPCOMING EVENTS LISTING

EVENTS FEBRUARY 2010

Wednesday February 10, 2010 Calgary Dowzers at 608 Poplar Road – Guest Speaker – Paul Elder - From the world renowned Monroe Institute, foremost Remote Viewing Instructor, near-death survivor and author, Paul Elder, presents an interactive discussion on leading-edge research into extraordinary levels of consciousness and human abilities such as Remote Viewing and Astral Travel. Enveloping a range of esoteric concepts, Paul's powerful presentation sheds new light on topics such as Soul Travel, Spirit Guides, Soul Mates, and the prospects of 2012.

Members \$5.00, Guests \$8.00

NEW DATE Friday February 12, 2010 New Moon Meditation Saturday, from 7:30-9:00pm Aphrodite, the Greek Goddess of fertility, sexual love, and beauty, will come in to guide us. As this is just before Valentine's Day, one may be sure the message will talk about love! Abundance Exchange - \$10.00 Pre-register with Judy at 403-225-2016.

Saturday, February 20, 2010, Channelling Spirit Guides 1pm to 4:30 pm \$55.00

Archangel Michael presides over the workshop, and between him, his legions, and your own spirit guides, you learn to channel in a very protected and safe environment. Call Roger 403-225-2016.

www.angelsandancestors.com/workshop.html#learning

Saturday, Feb 27, 2010, How To Work With Your Crystal Skull 10:00am – 5:30pm. Crystal Skulls are adding a new dimension of communication to the Earth. We can work with skulls to increase our understanding of ourselves, mankind, and even the Universe. Abundance Exchange \$122.00 Pre-register Call Judy at 403-225-2016.

www.angelsandancestors.com/workshop.html#skull

EVENTS MARCH 2010

Friday to Sunday March 12-14th Crystals' Light

To understand crystals, first understand light. Then understand how light works with our minds, chakras, polarity, consciousness, etherics, emotions, awareness, souls, and vibration. The light that crystals bring can be highly specialized or quite general. Tuition \$150.00 Call Roger 403-225-2016 to preregister.

www.angelsandancestors.com/workshop.html#crystal

Sunday March 21, 2010 from 9AM to 5PM Dancing with the Moon: Introduction to Circle and Spell Casting Energy Exchange is \$133.00 per student, to find out more information or to register please phone 403 – 668 – 9361, email samantha@lawrenceh.ca or see my website at <http://www.walkinbeauty.ca>

Saturday March 27, 2010 1:00pm – 4:00pm Making Meditation Joyful! Tips for beginners and for those looking to change their meditation practise. Learn several different styles of meditation, and about making your meditation comfortable. Preregister. Abundance Exchange \$40.00 Call Judy 403-225-2016.

FROM JUDY'S KITCHEN ~IRISH SODA BREAD WITH ROSEMARY AND CHEESE



Picture of the Soda Bread

Makes 16 servings..

1 ½ cups of all purpose white flour
 1 cup whole wheat flour
 2 tablespoons of granulated sugar (I use brown sugar)
 1 ½ teaspoons of baking powder
 ½ teaspoon of baking soda
 ½ teaspoon of sea salt
 1/3 cup of grated cheddar cheese (for a different taste, use raisins or currents)
 1 tablespoon of rosemary flakes or crushed rosemary or fresh herb rosemary as in the picture
 1 egg
 1 ¼ cups of buttermilk (I use regular milk with 2 tablespoons of white vinegar)
 3 tablespoons of vegetable oil

In a large bowl, combine all purpose flour, whole wheat flour, sugar, baking powder, baking soda and salt. Stir together well. Stir in cheese and rosemary seeds into flour mixture. (Cont'd page 6)

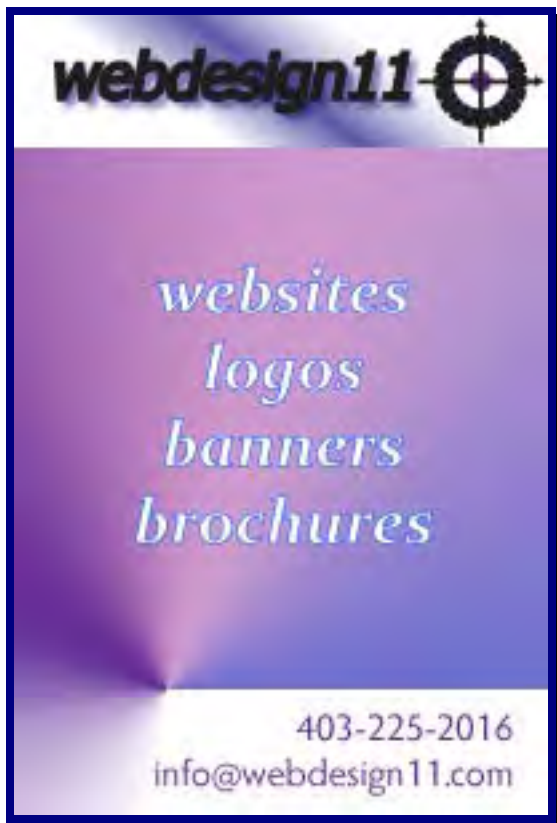


(From page 5)

In a separate bowl, combine egg, buttermilk and oil. Pour liquid ingredients over flour mixture and very lightly combine together into rough dough.

Place dough in 9 inch by 2 ½ inch spring form pan lined with parchment paper. Bake in preheated 350 degrees Fahrenheit oven for 50 to 55 minutes. Remove from pan and cool on rack.

Editor's Note: I make different items for New Moon gatherings, Equinox and Solstice Events, and for our workshops. I would love to bear your thoughts on the recipes, if you try them. Email me at judy@angelsandancestors.com.



YOU CAN CHANGE YOUR STARS USING CHRISTINA RAI'S "STAR OF CREATIVITY" SESSION

By Judith Hirst-Joyeux

One of the most frustrating things that can happen to me is getting a creativity block, especially around writing. About August of last year, this creative block hit me. The block came up in my quilting, in my crafting, and in my writing. I could almost see the block every time I tried to do one of these tasks. I tried clearings, and would manage to clear for several days before the block returned. I knew in my head, that I was causing the blocks. I also knew that "my head" was preventing me from clearing the blocks in a quick and useful way.

Enter Christina Rai! I received a newsletter from her, talking about some astrological issues for the month of October. I went and checked out her website, and saw the session "Star of Creativity". A big 'zing' went through my system and I knew that I need to do this session. So, I phoned her and booked it.

The session takes about an hour. In the discussion, Christina follows a format called "FOCUS". Or, **F**ind it, **O**wn it, **C**rystallize it, **U**se it...and... **S**hine! The five points represent the point of a star – or – the number five which is the number of getting things done.

In my situation, Christina quickly identified what my block was from an astrological perspective, and her comments resonated through my body. She then helped me understand how the blocks were created, how I could watch for them in the future, and what to do with them if and when they arrived.

I felt empowered! I understood what she was saying and could see the issues that she mentioned from a new perspective. I "owned" them. The best part of the session was that while we were finishing up our call, I could feel a swelling of ideas begin to pour through my mind. It seemed like the gate had finally opened. I hung up from the call and wrote several blogs. It felt great!

If you are suffering from some sort of creative block, I suggest that you call Christina Rai, and let your star shine!

You can contact Christina Rai at www.christinarai.com; christinarai@gmail.com, or 204-990-4970 See her ad in the Classifieds Section.





HOW TO USE

HOUSE HOLD ITEMS TO SOLVE HEALTH ISSUES – FROM VARIOUS EMAILS

Did you know that drinking two glasses of Gatorade can **relieve headache pain** almost immediately- without the unpleasant side effects caused by traditional pain relievers?



Did you know that Colgate Toothpaste makes an excellent **salve for burns**?

Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong Altoids peppermints. **They'll clear up your stuffed nose.**

Achy muscles from a bout of the flu? Mix 1 tablespoon horseradish in 1 cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil for instant relief for aching muscles.

Sore throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.



Cure urinary tract infections with Alka-Seltzer. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly-even though the product was never advertised for this use.

Honey remedy for **skin blemishes**... cover the blemish with a dab of honey and place a Band-Aid over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. It works overnight.

Listerine therapy for **toenail fungus**: Get rid of unsightly toenail fungus by soaking your toes in Listerine Mouthwash. The powerful antiseptic leaves your toenails looking healthy again.

Easy eyeglass protection... to prevent the screws in eyeglasses from loosening, apply a small drop of Maybelline Crystal Clear Nail Polish to the threads of the screws before tightening them.

Cleaning liquid that doubles as **bug killer**... if menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.

Smart sliver remover: Just pour a drop of Elmer's Glue-All over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.

Hunt's Tomato Paste boil cures boils... cover the boil with Hunt's Tomato Paste as a compress. The acids from the tomatoes soothe the pain and bring the boil to a head.

Balm for broken blisters... to disinfect a broken blister, dab on a few drops of Listerine, a powerful antiseptic.



Picture of blisters from www.lucidmedtec.com

Vinegar to heal bruises... soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.

Quaker Oats for fast pain relief.. it's not for breakfast any more! Mix 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing **relief from arthritis pain.**

Editor's note: These remedies are cost effective and do not rely on pharmaceuticals. Most of the items are already in our cupboards which makes it easier for us to try these cures.

Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend. Non-being is the greatest joy." ~Lao Tzu



ENLIGHTENMENT— BY OSHO (*EXCERPTED FROM: THE NEW DAWN, CHAPTER 16*)

Is enlightenment only a human phenomenon or can trees and animals also be enlightened?

"The spring of life is available to everybody; otherwise how can you live? Your life is continuously being nourished by the spring of life. The trees are nourished by the spring of life, the flowers blossom ... but the juice comes from the spring of life. The whole existence is nothing but a manifestation of the springs of life.

But trees cannot become enlightened -- neither can mountains or oceans; neither can animals or birds. They all have the same source of life that you have. But man has a prerogative, a privilege, that he can become aware of his spring of life. This awareness is not possible in any other form in existence. It is man's grandeur, it is his dignity.

Existence has given him the most precious opportunity. If he can create awareness, consciousness, more alertness, then his spring of life explodes into a new dimension. The dimension of life becomes the dimension of light, of knowing -- knowing the deepest roots of our being in eternity. And the moment we know our roots are eternal, we know our flowers are also going to be eternal. Enlightenment is a flowering.

The springs of life are seeds; enlightenment is a flower. The seed has come to its ultimate expression -- there is no further to go. Springs of life are the lowest rung of the ladder, and enlightenment is the highest rung of the ladder, although the ladder is the same. The change comes slowly, as you become more aware of who you are, of what life is -- not intellectually, not by reading through scriptures, but by reading the only holy scripture: your own being, and bringing your potential to its realization. So that which was hidden in the seed becomes an explosion in the flower, in the fragrance.

That fragrance is enlightenment. It comes from the sources of life, but it is not synonymous with it. The seed is not synonymous with the flower, although the flower comes from the seed. The seed is the womb, but the flower -- although connected with the seed, with the womb -- is a totally new experience. Awareness ordinarily is objective. You know others, you know the world, you know the faraway stars. The moment awareness turns inwards and starts knowing itself -- in other words, the moment awareness is the object of its own knowing -- enlightenment blossoms with all its beauty, with all its immortal glory. Life is accepted by the scientist, but he is

not yet capable of accepting the possibility of enlightenment. Life is accepted by the atheist, but he is also not capable of comprehending the ultimate explosion.

Just as for millennia we had no idea that matter is made of small atoms, which are not visible to the eyes ... they are so small that if you put one atom upon another atom, and then go on putting one on top of another, you will need one hundred thousand atoms, and then they will be as thick as a human hair. Such a small atom, one hundred thousand times thinner than a human hair, when it explodes, releases so much energy that a city like Hiroshima or Nagasaki disappears within seconds -- evaporates.

I have seen a picture sent by a friend from Japan ... just looking at the picture, one feels so sad about humanity, so hopeless. The picture is of a small girl, maybe nine years old. She is going from the ground floor to the first story with her bag and books -- perhaps to do her homework before she goes to sleep. She is just in the middle of the staircase when the atom bomb falls on Hiroshima.

Just a small atom exploding creates so much energy ... you can use it for destruction or you can use it for some creative purpose. Right now the scientists say we have come so far from Hiroshima and Nagasaki -- our new nuclear weapons are so great in their energy -- that the atom bombs dropped on Nagasaki and Hiroshima look like children's toys. If matter, in its smallest particle, contains so much energy, can you conceive how much energy may be available in the living cell of human beings?

Enlightenment is the explosion of a living cell. Certainly it is not destructive at all, but it transforms the whole man. In that way, it is destructive. It destroys the old man, it destroys the night, it destroys all that was constituting your personality: your jealousy, your anger, your hate, your lust, your greed -- all that is simply finished in a single moment. And the same energy that was involved in jealousy, hate, greed, ambition, and a thousand and one desires, is changed into totally new forms of energy: love, silence, peace, compassion, wisdom -- all that is the basic search of life itself. Life in itself is dormant, it is fast asleep.

Enlightenment is absolutely awake. But it is the same energy that was asleep that becomes awake. So they are not synonymous, but they are two extremes of the same energy. But this, if taken as an intellectual understanding, is not going to help you in any way. It has to become your own experience. You have to see that light. You have to see that explosion within your own being. You have to see the darkness disappearing. You have to see the new dawn of a new life -- a life of grace and gratitude, a life of beauty and blessings." *****



present leg of her journey. See page 17 to learn about Sharon's book, "Your Invisible Bodies".

Look At That Book

BOOK REVIEW: MOTHERLESS DAUGHTERS: THE LEGACY OF LOSS BY HOPE EDELMAN

Review by Sharon Montgomery

I've just finished reading the book *Motherless Daughters: The Legacy of Loss* by Hope Edelman. Published by Addison-Wesley in 1994, this book breaks new ground in its interviews with motherless daughters and their particular issues. It addresses women whose mothers died when they were young, from infants to early 20s, and how this has affected their personality, typical behaviours, choices in partners, and life attitudes. It is a painful book to read. I did it because it was time.

In this past year I've examined all my relationships in order to understand why I have chosen the partners I have, and why my emotions over-rule my common sense. It hasn't been easy. One of the most helpful statements is that love choices by motherless daughters tend to go through four stages: transference, projection, displacement and (I think) acceptance. I was so blown away by the first 3 stages I've blanked the fourth. I've made many notes on insights in this book, and will refer to them again as grief returns. However, the book has helped me to grieve and mourn my mother's early death (cancer at age 35) so that I won't be so powerfully and helplessly hooked the next time I'm attracted to someone.

If you were unmothered as a child, through her death, absence, addictions, or illness, this could be helpful to you. It's not an easy book to read, but its wisdom and progression to the final chapter make it a most worthy endeavour - if you are ready. Read it with love, love for yourself and your family no matter how dysfunctional. Pick what fits for you. Recognize when it doesn't apply. I think reading it will help you grow closer to your mother, mourn her passing appropriately, and bring you more in touch with your true self at the end of the book. That's what it did for me. Let the blessings come.

Sharon Montgomery is a former teacher and guidance counsellor who writes plays, articles and stories. She has practised energy healing through Reiki and Healing Touch for 25 years, then studying ARC Bodyspeak to become more effective. It is her work through ARC (A Return to Consciousness) which has strengthened her for the



He spake well who said that graves are the footprints of angels. ~Henry Wadsworth Longfellow

Perhaps they are not the stars, but rather openings in Heaven where the love of our lost ones pours through and shines down upon us to let us know they are happy. ~Author Unknown

The Raft Is Not the Shore

The teaching is merely a vehicle to explain the truth. Don't mistake it for the truth itself. The teaching is like the raft that carries you to the other shore. The raft is needed, but the raft is not the other shore.

An intelligent person would not carry the raft on his head once he reaches the other shore. Use my teaching to help you get to the other shore, but do not hang onto it as your property. You must be able to let it go.

— Buddha

Tips & Tricks for Small Businesses

Helping Practitioners and Small Business Owners Navigate The Business World!



FINDING WEBSITE PRESENCE

By S. Roger Joyeux

When Angels and Ancestors first began, one of the objectives was to create a website. A second objective was that of gaining a web presence. Having a website and having a web presence is not the same thing. If someone searching for your website knows your site's name, no problem! Type it in and presto, your home page comes up. What if you want to find a site like Angels and Ancestors? Certainly, typing "angels and ancestors" will work. You would think so, would you not? Well, this is not something to take for granted. In the first number of weeks after our site was uploaded, we did make it to the first page with "angels and ancestors". However, without the "and", our site did not appear in the first fifty pages.

What to do?

The site was fresh to the internet. The numbers of pages were few! So, our presence was less than modest. The first step was to add in the keywords and description as metadata to our site's html code. Search engines pass through the world-wide web every couple of weeks. When they do, they record the keywords and words in the description to give your site presence. The second step was to start linking to other sites.

While books are written about the techniques of enhancing your web presence, one of the fundamental objectives is to have enough links to show that your site is part of a community of sites. The links page is indispensable, but also basic. Important to this endeavour are the links found in the content text. For example, if an article on one of your web pages mentions the word 'elephant' somewhere in one of the paragraphs, linking "elephant" to Wikipedia is easy and gives the site more presence. You may have noticed that some sites have many linked words in every paragraph throughout. These links give great presence and are often used as commercial

income generators because they take you to a sponsored site.

The next and perhaps most crucial means to increase presence is the blog. Again, the web has a plethora of wisdom about blogging. What is a blog? In essence, it is nothing more than a website, yet its focus tends to be on content rather than on putting out a shingle to acclaim your business. Numerous hosting companies have created blogging software that makes it easy for the writer with limited programming skills to tell the world his or her story. When the blog and the website share the same name, presence increases for both.

The key to getting noticed on the web is to work each aspect of your web presence. The key to blogging is to have the discipline and creativity to write something that people are interested in on a daily basis. Right here, I have to salute my wife, Judy, for her dedication both to our newsletter and to her blog: <http://angelsandancestors.blogspot.com>. Her blog will pass the 50,000 hits mark in February, if not before. This is a testament to the interest generated by her extensive content.

As a test to our combined efforts, I searched "angels" in mid-January to see what our ranking might be. Remember, in the beginning, a search for "angels ancestors" would not put us in the first 50 pages. This time the search word "angels" by itself pulled up a total of 104,000,000 websites. We were in the middle of the 8th page. We were 74th of 104 million.

The moral of this story is that finding web presence is the same as raising vibration on the spiritual path. The little efforts to raise spiritual vibration all count. The little efforts to increase web presence all count also.

Roger Joyeux is the other half of angelsandancestors.com. He looks after the website and is available to help you with your website. Call 403-225-2016 or email to info@webdesign11.com

"Conducting your business in a socially responsible way is good business. It means that you can attract better employees and that customers will know what you stand for and like you for it." ~ Derby Brown~



***BEWARE OF CANADA POST RATES AT
FRANCHISE LOCATIONS –***

FROM A RANDOM BLOG:

Editor's Note: This was an email that was sent to me by a friend because she knows how much snail mail I still send! I do not know who originally wrote this, however, I am grateful to them. I too have noticed a difference in pricing between Shoppers Drug Mart Postal Outlet and the local postal outlet that we use.

" I learned something over Christmas that I feel compelled to share with you. This won't change your life dramatically or help you survive the apocalypse but it will save you some \$\$\$.

I recently mailed two identical packages via Canada Post one week apart. One would think that the postage should be exactly the same...well, let me tell you...

Picture of package is from
www.freeclipartnow.com



Pkg # 1 was mailed from an actual Canada Post Office. Postage came to \$11.74. Since I knew a second identical package would be mailed in about a week's time, I bought sufficient postage for the second pkg while I was there.

When it came time to mail Pkg #2, I went to the post office in Shopper's Drug Mart. I handed the pkg to the clerk to be put in the outbound mail bag, I was informed that I did not have sufficient postage attached. The clerk proceeded to inform me that I needed to purchase an additional \$6 worth of stamps. After explaining how I knew exactly what the postage should be, the clerk offered some lame excuse that Canada Post is unionized and they can say and do anything with impunity and if I wished to mail that pkg from Shopper's then I needed to purchase more stamps.

I told the clerk to stuff it and took back my package and headed to the "real" Canada Post Office, where I would raise hell...

Much to my surprise, the Canadian Postal Clerk took my package, weighed it and tossed it in the mail bag, and it

was it's way...When I asked if the amount of Postage I had put on the parcel was right she shook her head and said "yup, no problem"...

The Truth Comes Out

Canada Post Offices charge postage for packages at the published Canada Post rates. Franchise locations such as Shoppers Drug Mart can charge whatever they like.

So remember if you regularly mail packages at franchise locations (ie Shoppers Drug Mart,) you are probably paying too much. Franchise locations are found in shopping malls, drug stores and private businesses everywhere. From now on, all of my mailing will be done from a real Canada Post location.

Still perplexed by what I was told by the girl in Shoppers, I fired off an email to Canada Post for clarification. This is the reply I got from them:

Thank you for your message to Canada Post.

A postal outlet is not a federal government agency and is not owned or managed by Canada Post. For example if the postal outlet is within grocery store or pharmacy it would follow the stores working hours, therefore if the store must be closed, so will the postal outlet inside.

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Happy mailing!

How wonderful it is that nobody need wait a single moment before starting to improve the world. ~ Anne Frank~



SPIRIT ANIMAL - SPARROW

By Judith Hirst-Joyeux



"Sparrow Waiting" by S. Roger Joyeux, copyright August 2008

Several days ago, I was feeling sad because my Dad was gone, and I was feeling glad because he was now released from the body that was starting to weigh him down. As he said, "It just doesn't work right anymore!"

I went out and sat under the arbour and mountain ash tree. I relaxed my body back into the swing chair, and closed my eyes. Within minutes, I could feel something watching me and there was bird song all around. I thought the birds were eating the berries in the tree. I looked up. There were about half a dozen sparrows hopping around the tree and looking at me, like they were concerned. Yes, I do put birdseed out, however, it's not like they are dependent upon me for food.

I wondered what was up. Then they started flying past me, quite close to my face. The dogs came and sat with me, and watched the birds. Pretty soon they were swooping over the dogs. It was quite a show! They were trying to tell me something. I started to watch them more carefully and mulled over what I knew about sparrows. Many people see these birds as pests. They do congregate early in the morning and sing very cheerfully, even as early as 4:30 and 5:00 AM. They will eat all the seeds and can get messy. They are flock birds and love company. Their colours are brown and white and grey and black. As a flock, they will chase off much larger birds and terrify squirrels. Several flocks hang out in our yard and provide a constant commentary about what there is to eat, where the cats are, and where the insects are easy prey.

Sparrows are noted for eating a wide variety of insects, and will fly up around the house. (Cont'd page 13)

HIS EYE IS ON THE SPARROW

Why should I feel discouraged,
why should the shadows come,
Why should my heart be lonely,
and long for heaven and home,
When Jesus is my portion?
My constant friend is He:
His eye is on the sparrow,
and I know He watches me;
His eye is on the sparrow,
and I know He watches me.

I sing because I'm happy,
I sing because I'm free,
For His eye is on the sparrow,
And I know He watches me.

"Let not your heart be troubled,"
His tender word I hear,
And resting on His goodness,
I lose my doubts and fears;
Though by the path He leadeth,
but one step I may see;
His eye is on the sparrow,
and I know He watches me;
His eye is on the sparrow,
and I know He watches me.



I sing because I'm happy,
I sing because I'm free,
For His eye is on the sparrow,
And I know He watches me

Whenever I am tempted,
whenever clouds arise,
When songs give place to sighing,
when hope within me dies,
I draw the closer to Him,
from care He sets me free;
His eye is on the sparrow,
and I know He watches me;
His eye is on the sparrow,
and I know He watches me.

I sing because I'm happy,
I sing because I'm free,
For His eye is on the sparrow,
And I know He watches me.
By: Civilla Durfee Martin



(from page 12)

This year, they have kept our garden quite free of the normal pests that eat our lettuce and spinach and tomatoes. Chairman Mao Tse-Tung learned, with disastrous consequences, what happens when one dishonours the sparrow. He calculated that a sparrow could eat almost ten pounds of rice per year, and that if he killed a million sparrows, he'd have enough rice to feed an additional 60,000 people. The Chinese people were commanded to kill as many sparrows as possible. In Shantung province, the locals killed an estimated 2.7 million sparrows. The amount of rice did not increase with the death of the sparrows. It diminished. The insects that the sparrows normally killed, ate and damaged rice well in excess of what the sparrows ate. Chairman Mao decided he'd had a bad idea and ordered the people to be friends with the sparrows so the population would return to normal.

Sparrows are noted for representing abundance - both substantial and spiritually. The Japanese have a story about a sparrow's gifting an old woodsman with gold and silver. There is also a story about a sparrow singing to Jesus as he hung on the cross. Songs have been written about the relationship between God and the sparrow. In ancient times, sparrows were thought to carry the souls of the dead up to the Gods. Our ancestors believed it was bad luck to kill a sparrow because this stopped them (the sparrow) from fulfilling its task.

Taking all of this information into context, it seemed to me that the sparrows were telling me to cheer up. They were saying that I was well taken care of, and that Dad was also well looked after. Sparrow's song was a reminder to stay grounded (as are the colours) and stay in the present moment. The present is full of joy and peace and wonder. Their aerial acrobatics were reinforcing that I should use the gifts of my third eye and connect with the Divine to see the perfection in everything.

It is good advice!

Judith Hirst-Joyeux partners with her husband, Roger Joyeux in their business, Angels And Ancestors. Since 2006, she has been working with clients; coaching them and helping them learn tools to heal their own issues.

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PROTECTION - CALLING IN YOUR ALLIES....

By Samantha Hussey



(Picture of Howling Wolf Rock from Samantha)

Some of my earlier experiences of Spiritual life included practicing a mix of Shamanism and Wicca, going out into Nature, spending time camping and being in solitary ritual. Calling the directions and building sacred fire shaped my beginnings. When I was out in a dark forest at night, I would hear noises like coyotes and ravens, and project my fears on the outside world. I called in my allies as I knew them then. Here is one of my favourite examples of spoken magic/intention (It is lovingly credited to DJ Conway in her book Celtic Magic).

**"Wolf and Horse Old signs of might,
Lend your strength to me this night,
Courage I need and the power of steel
Energy, willpower and defence to feel
Hearken to my call, great powers all"**

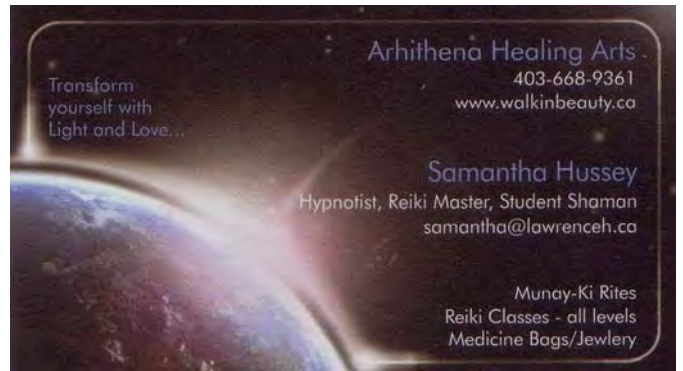
It is the gathering of power that is effective for defence, including methods such as choosing and creating a mantra to recite when you get the "tingly feeling" of disharmonious energy nearby. Now-a-days what is most effective for me is a combination of **calling** my allies, and then **visualization** of an earth-banishing symbol or my **Bands of Power** from the Munay-Ki Rites 1&2 session.

1. Ask your self which Animals or Angels or Masters or Deities or Elements (or combination of any of these) resonate with you the most, or signify Strength, Defensive skill, and Inner Power.
2. Then construct a meditation or shamanic journey to ask those animals/Allies of resonance to work with you in a gentle and beneficial way.

3. Ask what these elements would like to be called, or what images need to be called up in the mind's eye to absorb their qualities.
4. We are asking for the qualities of Power, Strength, Defence and thus Discernment that are found in your allies, study and get to know them.
5. Writing down what information they (your allies) give you is a great idea, in my opinion, it helps manifest the energy of that interaction from meditation/journeying to outside reality.

I am not saying that the world is out to get you or that should feel that you need to worry about your Protection all the time. The Universe generally has a way of steering aware people out of the way of Danger, unless of course, there is a lesson in it for us. There are still moments when it is necessary to add a little extra Awareness, Power, and Courage to the outside reality mix to help us along in interesting situations. I encourage you all to forge personal relationships with your allies. They will teach you and love you!

Samantha Hussey is a Reiki Master-Teacher, Medicine Bag maker, student of Peruvian Shamanism and Certified Hypnotherapist who teaches, writes, coaches and helps facilitate self-healing for her clients. Her website is <http://www.walkinbeauty.ca>



JOKE OF THE MONTH

What did the Yogi say when he walked into the Zen Pizza Parlor?

"Make me one with everything."



ANCESTORS SPEAK – THE SOUND OF “OM”

By Judith Hirst-Joyeux

I was teaching a beginner’s meditation class on Sunday, and as part of the workshop, explained the concept of the word/sound “OM” to the participants. Then we did some experiential learning with the sound, both with only me saying the sound, and then with all of us saying the sound.

Students felt the vibration from the sound whether I did it or whether they did it. And, they were profoundly moved!



picture of om from omgayatri.com

'ॐ' is a kind of short cut of the word 'ओम्' in devanagari a other indic scripts – [from omgayatri.com](http://fromomgayatri.com)

Here is part of a slide that I presented on “OM”.

Mantra repetition simply means repeating a sentence or group of words that have a phonetic significance.

Mantra is intrinsically related to sound. Mantra is sound, and sound is reverberating in everything in this universe. When water flows, the gurgling sound it makes, is mantra. When wind blows through the trees, the rustling sound it produces is mantra. When we walk on the earth, our footsteps produce sound, and that too is mantra.

According to ancient Indian belief in the beginning there was sound, which reverberated as *Om* and from that sound everything came into existence.

I believe that the sound OM, pronounced A-U-M and strung out (**Pronunciation:** aaaaauuuummmmm), really is the sound of Divine creation. I have seen people chant this for a while, and then suddenly break out in hard sobbing, because, through the chant, they have been reconnected to The Divine, and the person feels an incredible blessing and release. I know that when I have

an issue that I can not seem to move with other tools, that I can generally move it within ten minutes by using the OM chant.

OM or aum is a sanskrit root word or seed-sound symbolizing the creative divine intelligence which creates and sustains all things: it is also known as the cosmic vibratory intelligent word of god that sustains all the created universes. aum of the vedas became the sacred word hum of the tibetans; amin of the moslems; and amen of the egyptians greeks, romans, jews and christians. om symbol and info from www.astrogems.com



One of the stories that I shared in the workshop was about using OM out in Nature. Four years ago, my husband, Roger, and I walked out in the park almost every evening during the summer. Often, we would find a big log beside the river sub-channel, and sit and OM. Often while we sat there chanting, the beavers would bring their supper of sticks, and come and sit on the river bank, close to where we were sitting, and chow down and listen to the concert. When we were done, they would swim off. The beaver’s actions told me that they, too, enjoy the sound of The Divine.

If you have never tried to say the sound “OM”, I invite you to try it now. Try it several times a day. It is a wonderful pick-me-up!

© January 2010 Judith Hirst-Joyeux - Judith is a Non-traditional Shaman who works with Great Spirit, Ancestors, Goddesses and Gods, and angelic realms. She writes, teaches workshops, coaches, and assists clients help themselves on healing their body. See her blog at angelsandancestors.blogspot.com.



Picture from www.bighappybuddha.com



**Your Invisible
Bodies: a reference for
children and adults about
human energy fields**

By Sharon Montgomery



**Your Invisible Bodies
Challenges Traditional Ideas**

Your Invisible Bodies: a reference for children and adults about human energy fields

Written by Sharon Montgomery, a student of Reiki, Healing Touch and ARC Bodyspeak, this small book packs a punch by presenting our feelings, thoughts and soul as occupying different energy fields around the human body. Based on her experiences in energy healing and soundly reinforced by spiritual study, Sharon explains complex ideas in terms easy enough for children aged 7 to 12 to grasp. She explains how to recognize our energetic bodies and suggests ways to care for them. Examples are illustrated with line drawings. Part II: For the Adult presents open-ended questions that ring true for counsellors, teachers and spiritual leaders. A reference list directs adults for further study.

Your Invisible Bodies may inspire insightful conversation between children and adults

“This is a wonderful way to introduce children to the concepts of spirituality, God, and our interconnectedness. This book fit well with the development of the concept of God as an internal presence, not some distant judgemental deity. .” -- Dan L. Moulton, PhD, M.Ed., B.A., D.L.M.(U.C.C.)

“Sharon Montgomery offers a powerful tool for transformation to children, parents, healers and educators. Your Invisible Bodies breaks new ground, inspires new thinking and reconnects us with our wonder-filled selves.” - Carolyn Pogue, author of *A World of Faith: Introducing Spiritual Traditions to Teens and After the Beginning*

“So many people are not aware of the energy fields that surround us. Your book helps those who know and don’t have the words. ... I hope those who don’t have the words will look for the experience. ...I do feel you have added to our understanding of the world and our bodies and all that surrounds us as energy.” -- Jayne Whyte, Calling Lake Retreat Centre, SK

“... first printing of Your Invisible Bodies was really good – quite wonderful, I think. This second printing moves it beyond good to great.” -- Inger Iwaasa, Knox United Healing Touch ministry

“It’s beautiful. Your book is truly beautiful.” -- Drew Strickland, Minister at Knox United Church, Calgary

“I really enjoyed this book ... anyone who reads it will learn a lot. Thank you so much” -- Lexus Christina Bird, age 12

For further information, please contact:

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“The wonder of tree spirits” by S. Roger Joyeux © 2008



THE LAST WORD!

HONORING PASSING SPACES - SAYING GOOD-BYE TO A HOME

Saying good-bye to a home or space is an important part of moving forward. It gives us a sense of completion.



Picture from www.freedigitalphotos.net

When we move from one residence to another, we often get so caught up in the forward thrust of where we are going that we forget to properly say good-bye to the home we are leaving behind. Yet saying good-bye is an important part of moving forward. It gives us a sense of completion so that we are able to fully inhabit our new space, having left nothing of ourselves behind in the old one. In this way, we honor the space that has held and nurtured us. At the same time, we cleanse it and empty it of our energy so that the new residents can make the space theirs.

Plan a walk through your home that begins and ends at the front door. Ideally, you will be alone or accompanied only by a person who shared the space with you. Prepare yourself mentally to be as present as you can during this process. As you enter the house, you might say, "I have come to thank you for being my home and to say good-bye." You might touch the walls with your hands as you move through the house, or you might burn sage as an offering, as well as an energy cleanser. Spend some time in each room expressing your gratitude and gathering or releasing any lingering energy from the room. As you do this, you are freeing your home to embrace its new occupants. Remember to visit your outside spaces as well. Plants are especially sensitive to the energy around them and will appreciate your consideration.

As you make your way back to the front door, know that you have completed your final journey through your home

and that you have honoured and blessed it with this ritual of farewell. As you close and lock the door behind you, say one last good-bye. Now you can walk freely into your future and fully inhabit the new spaces that will keep you safe and warm.

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WINTER DUSK

*Dark frost was in the air without,
The dusk was still with cold and gloom,
When less than even a shadow came
And stood within the room.*

*But the three around the fire,
None turned a questioning head to look,
Still read a clear voice, on and on,
Still stooped they o'er their book.*

*The children watched their mother's eyes
Moving on softly line to line;
It seemed to listen too -- that shade,
Yet made no outward sign.*

*The fire-flames crooned a tiny song,
No cold wind moved the wintry tree;
The children both in Faerie dreamed
Beside their mother's knee.*

*And nearer yet that spirit drew
Above that heedless one, intent
Only on what the simple words
Of her small story meant.*

*No voiceless sorrow grieved her mind,
No memory her bosom stirred,
Nor dreamed she, as she read to two,
'Twas surely three who heard.*

*Yet when, the story done, she smiled
From face to face, serene and clear,
A love, half dead, sprang up, as she
Leaned close and drew them near.*

~~Walter de la Mare~~

