



ANGELS AND ANCESTORS MAGAZINE

SHARING THE NATURAL WISDOM OF THE EARTH AND ITS INHABITANTS

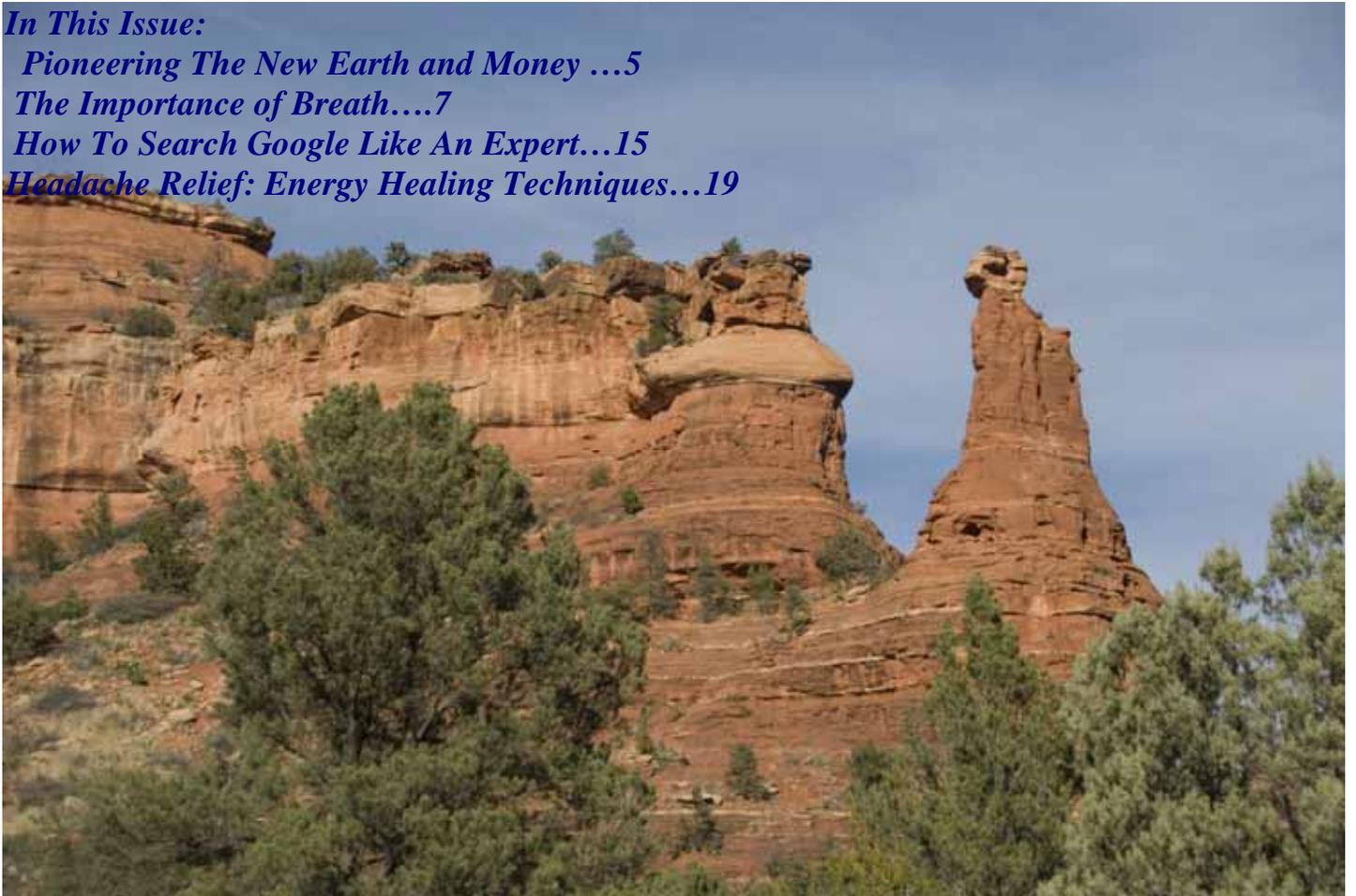
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“KACHINA WOMAN”

CONNECTING WITH MY SOUL

MAY 2010 Volume 4 Issue 8
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ANGELS AND ANCESTORS

VOLUME 4 ISSUE 8 MAY 2010

Since 2006

THIS MONTH

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FROM THE EDITORS

Cover Picture: The cover picture is called "Kachina Woman" and is the name given to the rock monument by the Hopi. She stands guard at the mouth of Boynton Canyon just outside of Sedona, Arizona. Kachina Woman is considered to be one of the major electrical vortexes around Sedona. The Yavapai locals make pilgrimages to Kachina Woman, and ask her blessing when they are working their medicine. Picture courtesy of S. Roger Joyeux.

CONNECTING WITH MY SOUL

What does the soul look like? I have no idea. However, I can tell you that, to me, it feels warm and fuzzy. It feels like the warm, comfy socks that you put on when you finally get home. It feels like snuggling in a plush blanket with a book on a rainy day. It is the place where one can go to feel peace and to feel safe.

I didn't always have this feeling. For many years, my soul felt like something that was unattainable; the proverbial gold ring that could never be reached. Part of that feeling came from the religious teachings that permeate our culture, and that have formed the belief systems that we inherited from our families.

As I moved beyond University and into the working world, I expanded my reading and my circle of friends. I explored ideas that were foreign to me. I learned of this movement called "new age" which many of my friends explained to me was the updated label for hippies that were now into their thirties. I found that my ideas were not my ideas, but the ideas from others. I slowly made my way to the discovery of self and of the concept of "soul".

I am now at a point in my life where I am in communion with my higher self, and where my higher self speaks to me through my soul. Again, this is how this works for me. For you, it may be different. What I do know is that when I am connecting with my soul, I feel a peace, a lightness, a joyfulness, that makes the world fade away into the background and leaves me in a place where there is light and love. It is a hard place to detach from when practical matters are calling me back to the necessary chores of everyday life.

In this issue of Angels And Ancestors Magazine, we are bringing you different articles that talk about and that reflect "soul" and "connecting to the soul". If you are part of any new age or metaphysical community, you may have heard that the Earth's Soul is going through changes as part of the ascension process.

You may also have heard that if each of us is to participate in ascension, then we must find a way of connecting with our soul. Some folks work at the connection through meditation. Others use ritual and ceremony to connect to their soul. Healing and cleansing sessions help some people remove the blocks that prevent them from a soul connection. And, still others work with Shaman who do a "soul retrieval" ritual with them to help the person align with the soul.

Each method is wonderful and various methods are required because there is no such thing as "one size fits all". The common denominator in all the methods is one must do the work themselves, and they must do whatever method over and over because a "one time" session simply will not clear all the layers of blocks that stand between us and our soul.

We hope that the information presented in this issue will reinforce your ideas about "soul and soul connections". If you are still questing to connect to your soul, we hope that these articles will assist you in your quest. Most of all, we hope that you enjoy the articles.

We wish you a "soulful" May!

Judy and Roger

**Say not, "I have found the truth,"
but rather, "I have found a truth."
Say not, "I have found the path of
the soul." Say rather, "I have met
the soul walking upon my path."
For the soul walks upon all paths.
The soul walks not upon a line,
neither does it grow like a reed.
The soul unfolds itself, like a lotus
of countless petals.**

~Kahlil Gibran, *The Prophet*, 1923

EVENTS LISTING

MAY 2010

TEACHINGS OF ARCHANGEL MICHAEL TELE-CLASS Monday, May 3 2010 7:00- 8:00pm

Study Class – Scripting Your Destiny, Free! Check the website www.legionsofmichael.com for updates.

New Moon Meditation Thursday, May 13 2010 7:00pm – 8:30pm \$10.00 We will work with Fatima - Arabian Moon Goddess, Creatress, Source of the Sun, Tree of Paradise. She existed from the beginning of the material world. Call Judy 403-225-2016 to register, or email judy@angelsandancestors.com. Directions provided upon registration.

QUESTERS CONFERENCE AT OLDS, AB Friday to Saturday, May 14-16, 2010

Theme: Ascension and Beyond; Canadian Society of Questers. For information call - in B.C. Merlin, 250-545-5946, in AB/SK – Rosemarie, 403-266-5355 See program line up at <http://www.questers.ca>. Look for the Angels And Ancestors table.

TEACHINGS OF ARCHANGEL MICHAEL TELE-CLASS Monday, May 17 2010 7:00-8:00pm

Study Class – Scripting Your Destiny, Free Check the website www.legionsofmichael.com for updates.

JUNE 2010

Planetary Healing Mandala June 4, 2010, 7:00 – 9:00pm
Doors open at 6:30pm Place: MacEwan Hall, University of Calgary. Join Angels And Ancestors at our table. We are happy to be a sponsor of this event. Learn more at: www.planetaryhealingmandala.org Want to be a sponsor? Check out “Involved” at www.planetaryhealingmandala.org/involved.html

New Moon Meditation Friday, June 11 2010
7:30pm – 9:00pm \$10.00 We will work with The Green Man, the symbol of male energy in the form of the divine. He is also called The Horned God. He is the lord of the woodlands, the hunt and animals. Call Judy 403-225-2016 to register, or email judy@angelsandancestors.com. Directions provided upon registration.

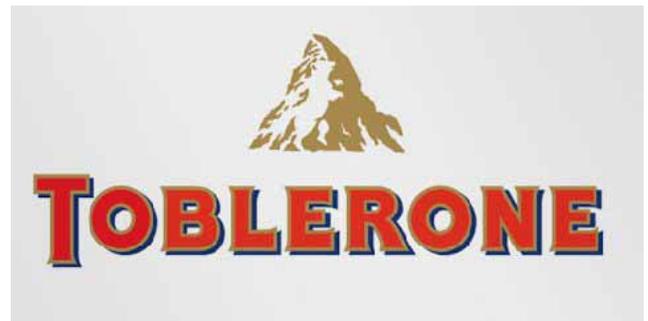
Summer Solstice Potluck and Celebration
Monday, 6:30 pm June 21, 2010. Donation - Join us for a potluck dinner and ceremony outside, weather permitting. Please register with Judy at 403-225-2016 or email judy@angelsandancestors.com. Donation.

September 2010

Sept 11, 2010 Kimmapii Music Festival Fundraiser at 10AM to 7PM in Redwood Meadows, AB Come and join us in a day filled with music, Peruvian handicrafts, and kids activities to raise funds! Ad sponsored by Samantha Hussey, CHt, Reiki Master www.walkinbeauty.ca Phone: 403 - 668 – 9361



Interesting Logo Design



Toblerone is a chocolate-company from Bern, Switzerland . Bern is sometimes called 'The City Of Bears '. They have incorporated this idea in the Toblerone logo, because if you look closely, you'll see the silhouette of a bear.

PIONEERING THE NEW EARTH AND MONEY

By CC Treadway



This last year has taught me a lot about the subject of money. So many of us have had to question our values. The shift is upon us. No one is sure exactly what that will look like. Will there be a massive earth change affecting us all? Or will it keep happening in smaller chunks, allowing the human community to open its heart and grow. Will our systems be transformed into something more conscious, more generous with more integrity? I am trying my best to be prepared. I've got my garden, I've got my relationship with Mother Earth. But what of this "new capitalism" I keep hearing about, where do I, and my fellow spiritual seekers fit into this aspect? After a lot of hemming and hawing, I decided that I wanted to consciously co-create a new system, I wanted to be more involved. But how was I to do that, and what was holding me back?

Working as a healer I am always struck by the murky boundaries around money. In the spiritual and philanthropic circles, there is not much common agreement on the subject. In fact, it's up for debate on most days. When I used to work as a video editor for corporations like MTV and Discovery Channel, financial contracts were clear. It was generally accepted that you did what you could to get paid as much as possible. When I would work for independent companies, financial contracts were hard to come by, not always honored and more work was expected for less money. The main reason why I "sold out" to corporate America for so many years was because they had better ethics around money. I know this sounds shocking, but I knew what to expect and I planned my life accordingly. I

fondly remember spontaneous trips to Puerto Rico, shopping just for fun, paying for healing school and a savings account.

Upon deciding to be a healer, these financial standards were washed away by "Spirit" as they say. The expansion and bliss I felt with my newly found open heart usurped any desire for financial stability. I then defaulted into the financial belief system of the "spiritual" or "do-gooder" template. What was interesting is that I unconsciously took on a whole lotta garbage with it, and I found my financial situation steadily decline. I felt some sort of satisfaction about "leaving the system" and living with very little. I have learned a lot. No regrets. But as I integrate my experience, I have discovered the shadow side's stinky smell. I had to get honest, because my bigger vision was to make a large impact, and it is really hard to do that when you are in survival mode. This is a huge subject, but I broke down a few major belief systems that prevent lovey-doveys from financial health.

SMELLY GARBAGE THAT MAKES HEALERS/DO-GOODERS BROKE

Garbage Pail #1: CARETAKING

Rationale: Must have compassion. Feeling guilty for charging money for work.

Desire: Love me

Flip side: Overcharging, huge ego.

Positive: Compassion and understanding is a beautiful thing, oftentimes lacking in cutthroat business.

Having compassion and empathy for people is normal. For healers, it can be off the charts. The pain of feeling other's pain, can lead to caretaking behaviors. Learning how to control empathy will help strengthen boundaries and get clear on your needs and your client's. It's so easy to undercharge, or adjust our rates prematurely because we want to help someone. This does not empower them, it creates a set up of "needing the client," or of feeling like they are controlling your decisions which lead to resentment. And that makes them feel very uncomfortable and unsafe. If you don't respect your financial needs, how can you expect someone else to? It is more healing to hold a clear and loving boundary around money for your clients than to be wishy washy for their sake. I personally have had a very difficult time with this garbage pail.

Garbage Pail #2: MARTYR

Rationale: Spirit Servant. Feeling obligated to serve, even if it means self-sacrifice.

Desire: Self-Empowerment

Flip side: Not knowing when to be generous.

Positive: Surrendering your will to Divine will is an essential step in spiritual development, but it does not mean giving up your own will.

Oftentimes, when someone steps into what they consider to be a do-gooder profession, they feel it is ordained by God. All of the sudden, they are a servant of Spirit, a servant of the people, with no will of their own. This leads them into situations where they are over their heads and cannot behave ethically, or where they are taken advantage of.

One time, I got an email from someone asking that I heal their whole village, but they couldn't offer me anything. They described a curse with many entities. Now, for me, as a healer, this is a potentially dangerous situation, and one I was really not qualified for. If I were "going with the flow" or "obeying in Spirit's call," or acting from ego I would have gone with it. It would have been a disaster. In the business world, you wouldn't commit career suicide by taking on a job you couldn't handle. In the healing world you must be extra careful because a village full of dark magic could really kill you.

I have heard people tell me that if God gave me a gift I am obligated to use it. I wonder where they get these ideas. I prefer to think I am working with the Love of God when I can. But I have seen healers in great distress because they did not honor their own needs and abilities, taking on too much for a good cause and ending up broke and sick. This can also happen while charging tons of money! Of course, as a human being we all can make a decision to offer healings or services for free when it truly feels right. Sometimes knowing when that is can take time to discern.

Garbage Pail #3: REBEL

Rationale: System is Bad. Confusing the dreaded "System" with money itself. I am a victim.

Desire: Accept me, I want to trust

Flip side: Making money into freedom, power and Godliness.

Positive: Creating new and better ways of living.

An Apache told me I would be a better healer if I didn't charge. A Spaniard told me I would be punished with illness if I charged. An American woman at the gym eavesdropped and warn me that I better watch out or I would have another James Arthur Ray sweatlodge situation on my hands! Wow. Time to go back to garbage pail number two.

Most do-gooder types feel so rejected by the system that they associate money with that system, making money

bad itself. This is a very stinky garbage pail. There are good reasons for smelling this one however. Many healing and philanthropic professions do not generate large incomes. Financial education in these fields is almost zero. The backlash when a healer or do-gooder tries to make money off products or services is enormous. This can lead to overcompensating by charging outrageous prices, or becoming invisible and under the radar.

To my knowledge, some form of currency, whether it be paper based, gold based, seed based, flower based or barter based, has always been used in organized societies. And, all societies are organized. It has not mattered the system: totalitarian, tribal, socialist, communist, democratic/capitalist, money is there in some form. I know so many wonderful artists and healers who feel rejected by the system who then blame money, act like they don't need it and end up in survival mode, unable to help anyone. I have been in this category from time to time.

Money has nothing to do with the current system. Money is an ingredient to life that you can work with if you choose to create. If it changes form when a system collapses or grows, that energy will still be there to work with to amass power and help you achieve goals.

Garbage Pail #4: DENIAL

Rationale: Associating being close to nature/God as not needing or wanting money.

Desire: To be safe

Flip Side: Total lack of integrity & responsibility with money, separation, homelessness.

Positive: Reconnection with Mother Earth, Father Sky.

The denial creeps in when we honestly believe that living with nature means we don't need society. We reject money, the system, people and taking it one step further, outcast ourselves. Now, returning to nature and being one with God are my passions in life. But the subsequent removal from society creates a hermit complex, a separatist attitude and usually has as much to do with childhood wounds as your own empowerment. That being said there are of course some people who will live out their purpose in a quieter way.

Denial forms when we don't feel strong enough to handle the truth. The truth is we have allowed ourselves to be victim to our leaders, our systems, relying on them to save us or empower us. Even the most conscious people have this going on. This over-delegation of power to our leaders has allowed financial mismanagement on the largest scale. And we have let

them. Stepping out of denial means taking responsibility as human beings, as divine beings, as natural beings and as members of the community. It's painful, but like it or not, finances are a part of community living, they are a part of society. If we, the supposed ethical, moral and spiritually empowered ones do not infuse our knowledge into our financial reality, we are allowing ourselves to be overtaken by those who seek to control us. And they are out there, completely consumed by their goal. We must financially educate and empower ourselves so we can be a part of the solution, not the problem.

PIONEERING THE NEW EARTH

I recently had dinner with a lovely Russian couple. Boy did that give me some perspective. They relish the opportunities and the feeling of freedom here in the United States, have a clear understanding of the dangers of Communism and do not want to go back. From their experience, while there is corruption, we have it very, very good here. It could be a lot more corrupt. My own experience living in a third world country showed me that as well. Despite the world's problems, and the United States' role in it, we, as the people still have the ability to create what we dream of. There are other countries who also are founded on this template. But there are many more where the oppression is so strong they truly are held captive. We are the lucky ones and if our freedom's are in danger like they say, we have to work on all levels to make sure that doesn't happen.

As pioneers, we are learning as we go. We spend a lot of time working on ourselves, developing consciousness, mindfulness and community... things that our new earth desperately needs, but the shadow side prevents us from truly making the impact we desire. We are not victims to anyone as long as we are free and able to do for ourselves. Coming out of denial, rebellion, martyrdom and over-empathy means learning a new skill that is hard at first. Combining the blissful energies of spirit and nature with the slower, more left brained skills of financial responsibility is no easy task for most. It is a new language and most of the time not an overnight success story. But more freedom waits on the other side. As we become fluent in the language it is effortless, the creative possibilities then limitless.

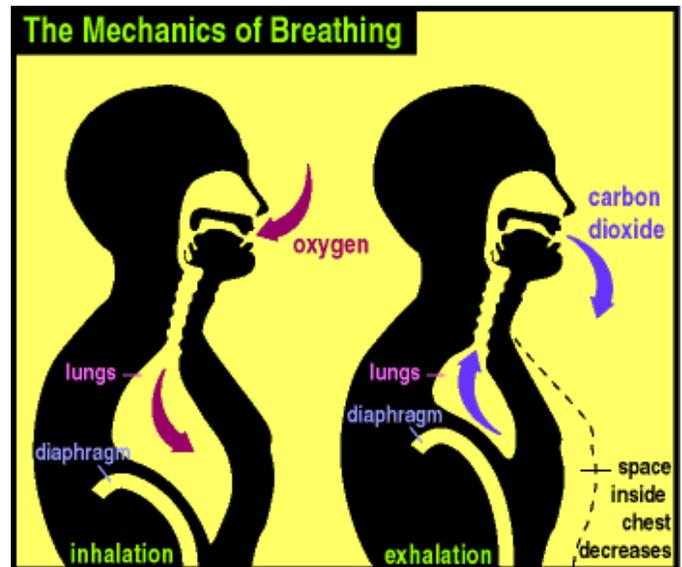
Copyright 2009 CC Treadway. All rights reserved. Used with permission from the author. CC Treadway is a healer, artist and entrepreneur. She has been practicing energy work for almost 20 years, teaching workshops on healing, sound healing, channeling, psychic development

and spiritual growth. You can learn more about her at: www.treadwayesoteric.com

THE IMPORTANCE OF BREATH

By S. Roger Joyeux

Getting out of the hospital after an operation to remove kidney stones was like a breath of fresh air. Yes, there was pain. Yes, there was karma clearing; and mostly, yes, I was glad to put it behind me. Beyond all of that, what actually happened was an extremely valuable lesson that I learned about the breath of fresh air that I so cherished.



Picture of breath is from www.edb.utexas.edu

My new book, *The Story of Light, Through Heaven's Gate*, has a very interesting discussion about the light holding capacity of the molecules of the air, and of oxygen in particular. I have taught people to be aware of the contribution of the breath to raising their vibration on numerous occasions. I have, on these occasions, emphasized the value of consciously working with the nostrils, nasopharynx, bronchial tubes, and alveoli. Each piece of the respiratory tract contributes to the oxygenation of the body. To quote my book, "As oxygen readily assimilates light to become divine Oneness, it indeed carries the primary life force on the planet. Pranayama (yogic breathing) is essentially the b ringing of oxygen's Oneness into the body." (p-128).

The great lesson that I learned during my hospital visit was just how significant and how immediate the respiratory tract is to the oxygenation of the body.

There I was in the post-op area, about 15 minutes after recovering consciousness following the general anaesthetic that I was under. I was quite awake and conscious and definitely breathing. My breath was sometimes deep and full, and sometimes short and shallow. I was hooked up to the monitors that show heart rate, blood pressure, temperature, and most interestingly oxygen saturation.

The post-op duty nurse answered my question that they like to see at least 92% oxygen saturation. Here is what happened to impress me about the awesome power of the breath, actually two breaths to be exact. At one point, my breath was shallow enough that the monitor read 89% saturation. I then thought I had better start breathing better. My next two breaths, only two, were moderately long and deep. In those two breaths, my oxygen saturation went to 94%. In five breaths, it rose to 97%, and by the twelfth breath, I was at 99%.

This was scientific proof of just how important even a single breath can be to the well being of the body, and especially to the exposure to the divine light frequencies carried by the oxygen molecule. As much as I was awed by this clear demonstration of the value of the breath, the nurse casually confirmed this phenomenon as something she sees all the time. I am sure that that would be true for any post-op nurse.

As for me, I am still in awe enough to both write this article and make a more conscious effort to make longer, deeper breaths a habit.

© Roger Joyeux April 2010. Roger is the other half of angelsandancestors.com. Check Roger's website, www.thestoryofflight.com for more info about his newest book. Roger also looks after the website and is available to help you with your website. Call 403-225-2016 or email to info@webdesign11.com



SPIRIT SPEAKS – THE HURT OF VOLCANO

By Judy Hirst

This is a headline from BBC.... [The eruption that changed Iceland forever](#) By Tom de Casella

“A volcanic eruption in Iceland is continuing to ground flights in the UK and Europe, but 227 years ago a far more devastating eruption occurred wiping out a fifth of the island's population - as well as tens of thousands across Europe.” to see more of this article, click on the headline above.



Volcanic ash has halted all UK flights and many in Europe

Today, as I was sitting and waiting to see whether my sister would be able to fly out of Dublin, I began thinking about the volcano and the significance of this natural phenomenon occurring at this time. I sat and held the above image in my focus, and had these realizations.



The Udachnaya pipe – picture from Wikipedia

1. The volcano eruption coming out of the Earth is like the person who spews angry, nasty words. Generally, the person carries so much pain and anger that they have hidden for a long time, until one day, the pain becomes so great that the person lets loose with a volley of words, directed at the person(s) that have harmed the angry one. The Earth too, has been damaged by the industrial world for centuries. Coincidentally, Iceland is at 65 degrees North latitude and the Udachnaya diamond pit mine is at 66 degrees North to the east of Iceland.
2. To the west of Iceland lies the Diavik Diamond Mine in Canada which is a diamond open pit mine located at 64.5 degrees latitude.



The Diavik Diamond Mine picture from Wikipedia

What if Mother Earth is finally spewing forth all her anger at the first world nations for the deep holes and harm that have been done to the earth?

3. When a person gets really angry, the effect of their rage and the nasty words that they say, have far reaching effects. The first circle is the person or people that the rage is directed at. The second circle are those observing the altercation. The third circle is the set of people related to the person receiving the rage. And so on! The volcanic ash is very much like the ripple effects of rage; it affects so many people and industries outside of Iceland. It is the snowstorm that is not ending. Airlines are losing millions of pounds per day as they must cancel flight after flight.

The volcano is expressing “hurt”. It in turn hurts what is around it, and projects the hurt outward, filling as big a space as it can. The interesting fact is that the volcano is forcing millions of people to stay “grounded” as airlines cannot fly through the ash without damaging their planes.

Some people feel their hurts from long ago, and never let go of them. The hurt is ever present, just below the surface. The simmering volcano has been like that... the lava and fire is held just below the surface. With humans, when the rage gets out of control, the human goes on a rampage. The volcano has done the same thing. Eventually, both wear themselves out, and that is when healing takes place.

I ask that the healing of this volcano happen with grace, for the highest good of all concerned.

© Judith Hirst, April 17, 2010. This article first appeared on Angelsandancestors.blogspot.com, and it has been changed slightly for the magazine format. Judith is a Non-traditional Shaman. She works with Great Spirit, the Ancestors, the 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.

KARMA YOGA THOUGHTS - NAMASTÉ



By Judy Hirst

Picture from the video "Namaste" as presented in the YouTube video noted below

Over the last ten years, the use of the word "Namasté" has become quite common. It is used in lectures in the New Age community, in Reiki teachings, in writing, and even in every day greeting, much like those in Asia did where the use of this word originated. The actual word is a Sanskrit word.

My favorite definition is now... "I HONOUR THE PLACE IN YOU IN WHICH THE ENTIRE UNIVERSE DWELLS, I HONOUR THE PLACE IN YOU WHICH IS OF LOVE, OF INTEGRITY, OF WISDOM AND OF PEACE. WHEN YOU ARE IN THAT PLACE IN YOU, AND I AM IN THAT PLACE IN ME, WE ARE ONE." FROM YOGA HEALS US (2007). "[Yoga Philosophy - Namasté](#)". YOGA HEALS US. NOVEMBER 10, 2007.

I now have a new appreciation for the concept of Namasté from the videos on YouTube. This video link... <http://www.youtube.com/watch?v=YcgNJ7cgDVs> is a very lovely explanation of the concept. May you enjoy the movie. Namasté! ❀

FROM JUDY'S KITCHEN

SUNBURGERS - A GREAT RAW FOOD

2 C sunflower seeds, soaked 6-8 hours
1/2 C carrots
1/2 C celery
3 green onions, sliced
1 red bell pepper, sliced
1/4 C fresh basil
1/4 C fresh parsley
Braggs to taste

Process all ingredients with S blade in a food processor. Make patties and dehydrate at 105 degrees for 12-24 hours until dry. Turn patties over when dehydrating on a teflex sheets or parchment paper after 6 hours.

I love gazpacho soup so I am always looking for interesting recipes to try. This soup is unique because is truly raw, and has a great flavour.

GAZPACHO SOUP

Blend the following ingredients in a blender until smooth:

1/2 cup water
1/4 cup extra virgin olive oil
5 large ripe tomatoes (preferably heirloom organic)
1 medium red bell pepper
2 cloves garlic or spicy pepper to taste
4-5 pitted dates
1/4 cup lemon juice
1 bunch of fresh basil
1/2 teaspoon sea salt (optional)

Pour the gazpacho liquid into a bowl and cut the following vegetables into 1/2 inch cubes:

1 large avocado
1 medium bell pepper
5 sticks celery

Add the chopped veggies to the liquid.

Mix all ingredients in a bowl and sprinkle with chopped parsley. This quantity serves six.



THE NEXT TOP SPIRITUAL AUTHOR CONTEST

I need your help!

*I have entered my latest book, **The Story of Light, Through Heaven's Gate**, in the Next Top Spiritual Author contest and I need your help to win! The contest was the brain-child of James Twyman and Robert Evans. The top prize is a book publishing contract with Hampton Roads Publishing Company. The first element of any successful book is not the writing, but the marketing. What James, Robert, and Hampton Roads are looking for is the support and enthusiasm that an author generates from the people who might read the book. Here is where you can help. The Next Top Spiritual Author contest is set up like the TV Idol contests. That is, the audience, or the readership in this case, votes for its favourite author.*

*I am asking for your vote to help promote **The Story of Light, Through Heaven's Gate**. Voting is really easy!*

1. Go to <http://www.nexttopauthor.com/register.cfm> and register.
2. Follow the instructions in the email they send to confirm registration.
3. Then go to my profile page at <http://www.nexttopauthor.com/profile.cfm?aid=715> or when you get to the search area for authors, enter my name (S. Roger Joyeux), book title, or my id #, which is 715.
4. Login and cast your vote using the tiny vote button on my profile page, located under the book's write up.
5. Click to vote, then, tell all your friends.
6. After you cast your vote for me, blessing will abound and you will find a \$10 bill on the ground later in the day.

*Yes, vote for fun and because **The Story of Light, Through Heaven's Gate** is the next top spiritual book!*

Vote for Roger for next top spiritual author at <http://www.nexttopauthor.com/register.cfm>.

His ID # 715!

Thank you!

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Looking For Stories, Articles, and Poems for Angels And Ancestors Magazine

Ideas are the light bulb that sends our minds racing forward!

We would like to show case some stories and articles from our readers. If you have a story that needs to be told, or, know someone who has a story that should be told, please send it to us. We do not promise to print all of the stories in one magazine, or even in one year. We do promise to get as many as we can published as the space allows each month. Send your submission to judy@angelsandancestors.com.

Namaste! - Judy and Roger

Congratulations!

to the winners of free books at the
book launch of
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Lucky winners were: German Pineda
Marilyn Costa

Roger thanks everyone who attended
the launch, for their friendship and
support.

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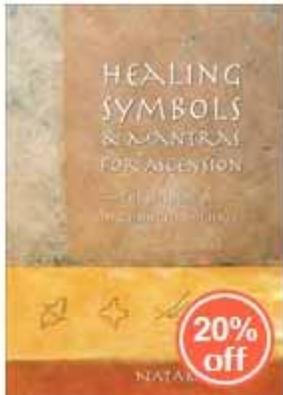
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Look At That Book

HEALING SYMBOLS AND MANTRAS FOR ASCENSION

- A book review by Judy Hirst



Author: *Natara and Archangel Michael*

Format: *Trade Paperback*

Published: *October 28, 2006*

Publisher: *Findhorn Press*

The following ISBNs are associated with this title:
ISBN - 10:1844090884
ISBN -

13:9781844090884

I am a big fan of any work that features Archangel Michael. I have also learned that books published by Findhorn Press are excellent quality and worth reading. Thus, reading “*Healing Symbols And Mantras For Ascension*” has been a joyful experience!

This book is described as a workbook, and it truly is a workbook that includes a deck of eighteen large cards printed with mantras, and a double sided folded poster: one side with a chart listing each symbol and its corresponding mantra and the other side showing the eighteen layers of the earth to use with a pendulum.

The workbook begins with a discussion on the mantras and the eighteen chakras – seven physical and eleven non-physical chakras. Lost soul parts are discussed as is the importance of bringing back our lost soul parts, and how the mantras help to do this.

One of the finds in the workbook is a section on the sounds and groups of angels that work with each of the symbols and mantras. For example, the

angel “Meloda” works with symbols one through three, and the note of her vibration is “A”.

Each symbol and each mantra is a set. Each set is discussed in depth. As well, the writer gives very clear instructions on how to use the symbol and mantra in meditation. The symbol is explained in context to how it relates to the specific layer of the Earth and to our bodies. Archangel Michael explains how the symbols and mantras work.

“The symbols have an effect in the deep layers of your body. The mantras work on the ethereal level. Through the chanting you vibrate them into your aura and cells. When you work with the symbols, however, this has a very strong effect that goes deeper.”

“The mantras..... They extract much old stuff that has manifested in your chakras. They help the human beings to return to their origin. Take this power. You can act. These mantras are also supposed to open you towards your personal responsibility that you have brought along onto the earth. It is important that you continue to connect deeply with your heart, and these mantras help you with it. They help you to release, to manifest – to dive more and more deeply into the cosmos.”

Working with each symbol and mantra in your meditation does change things within your body. At least, that is my experience in working with them. The instructions are clear that in the beginning, that you do not work more than twelve minutes a day with the symbols, and that you do not do more than three symbols at a time.

In the early part of the workbook, some ideas for layouts for healing are suggested, as well as ways to use the symbol in the healings of others. Pictures of humans or animals may be placed on the symbols to do deep healing.

If you are looking for a deeply effective method of self healing and a method for creating intense awareness of self and of the Universe, then this is the book/kit for you! Each symbol moves you closer to an understanding of how deeply we are each connected to the Earth and the Heavens.

THE GOOSE CALLED AWARENESS

By Osho

The comment: *“I often panic, and worry that I might go mad.”*

Osho’s answer:

“The basic thing to be understood is that you are not the mind — neither the bright one nor the dark one. If you get identified with the beautiful part, then it is impossible to dis-identify yourself from the ugly part; they are two sides of the same coin. You can have it whole, or you can throw it away whole, but you cannot divide it.

“The whole anxiety of man is that he wants to choose that which looks beautiful, bright; he wants to choose all the silver linings, leaving the dark cloud behind. But he does not know that silver linings cannot exist without the dark cloud. The dark cloud is the background, absolutely necessary for silver linings to show.

“Choosing is anxiety.

“Choosing is creating trouble for yourself.

“Being choiceless means: the mind is there and it has a dark side and it has a bright side — so what? What has it to do with you? Why should you be worried about it?

“The moment you are not choosing, all worry disappears. A great acceptance arises, that this is how the mind has to be, this is the nature of the mind — and it is not your problem, because you are not the mind. If you were the mind, there would have been no problem at all. Then who would choose and who would think of transcending? And who would try to accept and understand acceptance?

“You are separate, totally separate.

“You are only a witness and nothing else.

“But you are being an observer who gets identified with anything that he finds pleasant — and forgets that the unpleasant is coming just behind it as a shadow. You are not troubled by the pleasant side — you rejoice in it. The trouble comes when the polar opposite asserts — then you are torn apart.

“But you started the whole trouble. Falling from being

just a witness, you became identified. The biblical story of the fall is just a fiction. But this is the real fall — the fall from being a witness into getting identified with something and losing your witnessing.



Canada Geese Relaxing - © Judy Hirst-Joyeux 2007

“Just try once in a while: Let the mind be whatever it is. Remember, you are not it. And you are going to have a great surprise. As you are less identified, the mind starts becoming less powerful, because its power comes from your identification; it sucks your blood. But when you start standing aloof and away, the mind starts shrinking.

“The day you are completely unidentifiable with the mind, even for a single moment, there is the revelation: mind simply dies; it is no longer there. Where it was so full, where it was so continuous — day in, day out, waking, sleeping, it was there — suddenly it is not there. You look all around and it is emptiness, it is nothingness.

“And with the mind disappears the self. Then there is only a certain quality of awareness, with no ‘I’ in it. At the most you can call it something similar to ‘am-ness,’ but not ‘I-ness.’ To be even more exact, it is ‘is-ness’ because even in am-ness some shadow of the ‘I’ is still there. The moment you know its is-ness, it has become universal.

“With the disappearance of the mind disappears the self. And so many things disappear which were so important to you, so troublesome to you. You were trying to solve them and they were becoming more and more complicated; everything was a problem, an anxiety, and there seemed to be no way out.

“I remind you of the story The Goose is Out. It is concerned with the mind and your is-ness. The master tells the disciple to meditate on a koan: A small goose is put into a bottle, fed and nourished. The goose goes on

becoming bigger and bigger and bigger, and fills the whole bottle. Now it is too big; it cannot come out of the bottle's mouth — the mouth is too small. And the koan is that you have to bring the goose out without destroying the bottle, without killing the goose.

“Now it is mind-boggling.

“What can you do? The goose is too big; you cannot take it out unless you break the bottle, but that is not allowed. Or you can bring it out by killing it; then you don't care whether it comes out alive or dead. That is not allowed either. “Day in, day out, the disciple meditates, finds no way, thinks this way and that way — but in fact there is no way. Tired, utterly exhausted, a sudden revelation...suddenly he understands that the master cannot be interested in the bottle and the goose; they must represent something else. The bottle is the mind, you are the goose...and with witnessing, it is possible. Without being in the mind, you can become identified with it so much that you start feeling you are in it!

“He runs to the master to say that the goose is out. And the master says, “You have understood it. Now keep it out. It has never been in.”

“If you go on struggling with the goose and the bottle, there is no way for you to solve it. It is the realization that, “It must represent something else; otherwise the master cannot give it to me. And what can it be?” — because the whole function between the master and the disciple, the whole business is about the mind and awareness.”

“Awareness is the goose which is not in the bottle of the mind. But you are believing that it is in it and asking everyone how to get it out. And there are idiots who will help you, with techniques, to get out of it. I call them idiots because they have not understood the thing at all.”

“The goose is out, has never been in, so the question of bringing it out does not arise.”

“Mind is just a procession of thoughts passing in front of you on the screen of the brain. You are an observer. But you start getting identified with beautiful things — those are bribes. And once you get caught in the beautiful things you are also caught in the ugly things, because mind cannot exist without duality.”

“Awareness cannot exist with duality, and mind cannot exist without duality.”

“Awareness is non-dual, and mind is dual. So just watch. I don't teach you any solutions. I teach you the solution: Just get back a little and watch. Create a distance between you and your mind.”

“Whether it is good, beautiful, delicious, something that you would like to enjoy closely, or it is ugly — remain as far away as possible. Look at it just the way you look at a film....”

“Identification is the root cause of your misery. And every identification is identification with the mind.”

“Just step aside, let the mind pass.”

“And soon you will be able to see that there is no problem at all — the goose is out. You don't have to break the bottle, you don't have to kill the goose either.”

Adapted from the book, “Beyond Psychology”, chapter 19, by Osho.

THE TRUE PEACE

The first peace, which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness, with the universe and all its powers, and when they realize that at the center of the universe dwells Wakan-Taka (the Great Spirit), and that this center is really everywhere, it is within each of us.
This is the real peace, and the others are but reflections of this.

The second peace is that which is made between two individuals, and the third is that which is made between two nations.

But above all you should understand that there can never be peace between nations until there is known that true peace, which, as I have often said, is within the souls of men.

~~~~~**Black Elk, Oglala Sioux & Spiritual Leader (1863 - 1950)**

# Tips & Tricks for Small Businesses

Helping Practitioners and Small Business Owners Navigate The Business World!

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## HOW TO SEARCH GOOGLE LIKE AN EXPERT

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### By Judy Hirst

If you're like me, you probably use Google many times a day. But, chances are, unless you are a programmer or a technology geek, you probably still use Google as a simple search engine. This means that you may type in a few words, and redo the query until you find what you're looking for. This is time consuming, and often frustrating.

#### 1. **Explicit Phrase:**

You have decided to look for content about internet marketing. Instead of just typing *internet marketing* into the Google search box, try an explicit search for the phrase that you think will pull up your answers. To do this, simply enclose the search phrase within double quotes.

Example: "internet marketing"

The results should highlight the phrase that you entered.

#### 2. **Exclude Words:**

If you want to search for content about internet marketing, but you want to exclude any results that contain the term *advertising* you need to simply use the "-" sign in front of the word you want to exclude.

Example Search: internet marketing - advertising

#### 3. **Site Specific Search:**

Have you ever been frustrated because a site does not have a search engine posted on it? Well, even if the site doesn't support a built-in search feature, you can use Google to search the site for your term. Simply use the "site:somesite.com" modifier.

Example: "internet marketing"  
site:www.smallbusinesshub.com

#### 4. **Similar Words and Synonyms:**

Often, we are looking for words in our search, but we know that there are similar words that we might be missing. To do this, use the "~" in front of the word.

Example: "internet marketing" ~professional

#### 5. **Specific Document Types:**

If you're looking to find results that are of a specific type, you can use the modifier "filetype:". For example, you might want to find only PowerPoint presentations related to internet marketing.

Example: "internet marketing" filetype:ppt

This will pull up only PowerPoint files.

#### 6. **This OR That:**

By default, when you do a search, Google will include all the terms specified in the search. If you are looking for any one of one or more terms to match, then you can use the OR operator. (Note: The OR has to be capitalized).

Example: internet marketing OR advertising

#### 7. **Phone Listing:**

Do you want to see who is calling you? If you have the phone number, you can look it up on Google using the phonebook feature.

Example: phonebook:403-225-2016

(note: the provided number is Angels phone, and is not listed in any online directories.)

#### 8. **Area Code Lookup:**

If all you need to do is to look-up the area code for a phone number, just enter the 3-digit area code and Google will tell you where it's from.

Example: 617

#### 9. **Numeric Ranges:**

Often, I look for books published between

certain dates. The numeric range feature of Google is very useful in this search. You can do this by using the X..Y modifier (in case this is hard to read, what's between the X and Y are two periods. This type of search is useful for years (as shown below), prices or anywhere where you want to provide a series of numbers.

Example: president 1940..1950

**10. Stock (Ticker Symbol):**

Just enter a valid ticker symbol as your search term and Google will give you the current financials and a quick thumb-nail chart for the stock.

Example: MSFT (Microsoft)

**11. Calculator:**

You can do your math calculations in the Google search window. Simply type your expression in to Google.

Example: 48512 \* 1.02

**12. Word Definitions:**

If you need to quickly look up the definition of a word or phrase, simply use the "define:" command.

Example: define:plethora

These tips are meant to provide a lot of time savings to busy people, and to help you get the accuracy that you need to run your business. Now, how will you use Google?

**Editor's note:** *Judy Hirst is a Certified Management Accountant with twenty plus years of working in different industries. She has owned several businesses and was employed with Microsoft for six years. She now is taking consulting contracts for change management, business improvement analysis, and requirements gathering.*

**Sleep** *By Judy Hirst*

Sleep is a stillness, Yet a void.  
All will dream.

The eternity willed into a symphony of seeing,  
And then the day robs the moment.

~reprinted from Angels And Ancestors Newsletter October, 2006

# Copper Energy Bed

The *Copper Energy Bed* is the ultimate spiritual transformation tool. It works to balance and heal your body's natural energy currents by accelerating the flow of the etheric magnetic field. Add crystals and your vibration will never be the same again.



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## JOKE OF THE MONTH

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### Astrological Prayers



Astrology wheel from [z.about.com/d/astrology](http://z.about.com/d/astrology)

#### Aries

Dear God, please give me patience... and could you do it right now?

#### Taurus

Dear God, help me accept change, but not too quickly!

#### Gemini

Dear God! Who is God? Where is God? Why is God?

#### Cancer

Dear God!!!

#### Leo

Yes?

#### Virgo

Dear God, please make us perfect and don't mess it up like You did the last time.

#### Libra

Dear God, please help me to be decisive, but on the other hand, what do you think is best?

#### Scorpio

Our Father, forgive us our debts as we forgive our debtors, even though the b\*\*\*\*\*ds don't deserve it!

#### Sagittarius

Dear Lord, if I've told you once, I've told you a million times, help me stop exaggerating.

#### Capricorn

Dear God! I'd like to ask you to help me, but I learned a long time ago not to rely on anyone else!

#### Aquarius

Dear God, I know I like change, but this chaos is ridiculous!!

#### Pisces

Dear Lord, as long as I'm going to drink this fifth of Scotch tonight, please use the stimulation for Thy glory.

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## WHAT IS THE SOUL?

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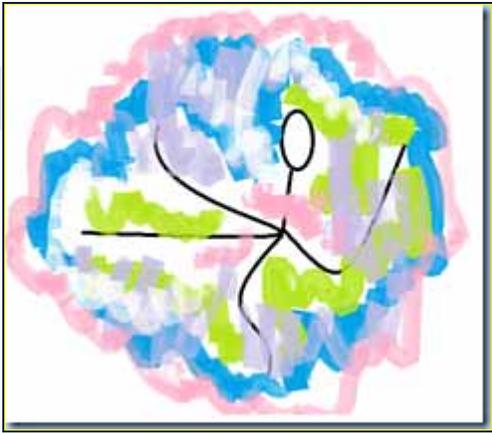
From **THEOSOPHY**, Vol. 47, No. 3, January, 1959  
(Pages 132-134)

THEOSOPHY is a teaching in regard to life, and as a teaching is absolutely *sui generis*. Its specific doctrines are comparatively unknown, as unknown in the Orient as in the West. Hence *soul* as used in Theosophy is not generally understood, for the majority of people have only a vague idea of what is meant by the theological classification "body, soul, and spirit," and assume Theosophists are equally vague in their use of the term. This is not the case, as we will attempt to show.

What is the soul from the theosophical standpoint? It is embodied spirit. And what is embodied spirit? It is conditioned consciousness. And what is conditioned consciousness? *We are*.

The best way for us to learn this is by using the powers that are inherent in us; for all of us are able to see, and even a little seeing at first-hand is better than any amount of second-hand description. Using, then, our soul-power of discernment, we can see that Life is in every one of us; it is what we fundamentally are. It is not that we are alive; we *are* Life. It is not that we are a body; our body is only a form of matter. Just so, our consciousness is a *form of life*.

(cont'd on page 18)



The traveling soul - by Judy Hirst

Notice that in defining "soul" it was necessary to use two words. Although *soul* itself is a single term, the soul is embodied spirit. Implicit in that statement is an idea that there is such a condition as spirit or life or consciousness that is *not* embodied -- spirit or life or consciousness *not* conditioned. We, however, being conditioned life, are unable at present to form any but the vaguest conceptions of what unconditioned life may be like. The greatest philosopher that the Western world has ever produced, Plato, tried to illustrate this in *The Republic*. He there likened the condition of the human being to a man in a cave with his back to the entrance of the cave, looking inwards against the blank wall at the end. Over his shoulder comes light from outside, and that light makes images of himself and his movements on the wall, and he takes those images to be reality. He takes what he can see to be *all* there is to see, and he cannot understand that he is anything other than the shadow or the silhouette cast on the wall.

Another great teacher long before Plato likened our existence to that of a man living with the frogs at the bottom of a very deep well. All he could see of space, of sky, of the universe, was just what that little point of light above his head revealed. He therefore interpreted the world by what he saw -- the walls of the well, the water that was in it, and the frogs that croaked beside him. Yet, let the man wonder just once where the light comes from, what *more* there might be to see, and he may leave his cave or climb out of his well, and find an entirely new "reality" before him.

So it can be seen that one single flash of direct perception is worth all the books ever written, all the sermons ever preached by all the theologians and doctrinaires under heaven. For the soul is the perceiver; is assuredly vision itself; and it looks directly upon ideas. The soul itself is unmodified, unconditioned,

unembodied. Yet the moment that the soul looks on ideas, it becomes identified with the idea on which it looks. So we can see that the soul has two powers; the power of expansion and the power of identification. It has the power of identification with any part of life, with any experience in any part of life, and during the period of that identification the soul is exactly like the man in Plato's *Republic* or the man at the bottom of the well.

We know that we are constantly using the expression that a man goes by what he sees. This is in itself evidence of what we really are. If we were not perceivers, how could we go by what we see? Yet all that any soul can see is an image. Whether that is a true image of the soul or a caricature of the soul makes no difference. All that we can ever see is something projected outside ourselves.

There is, however, another kind of traveling -- the soul-power of expansion: we can also go by what we know and by what we learn. Many times we do not go by what we see; we go by what we know. If we stand on the bank of a still pond and go by what we see, there is no reason why we should not follow Christ's example and start out to walk on the water, for it looks just the same as the rock on which we are standing. But if we *do* go by what we see, and step off into the water, and are unable to adjust ourselves to the different substance into which we have entered, we are out of luck; and we *know* better than to try it!

Now, what is unconditioned consciousness? It is consciousness clothed in knowledge. That was once our own condition. We lived, we dwelt, we moved, we acted, not on the basis of our likes and dislikes, nor on the basis of what we saw, but of what we *knew*. We knew what we were, and did not have to struggle to maintain our "position." It should be evident to us that there is something unnatural in our existence *here* as human beings. We have to struggle constantly to maintain our existence here. The fact that we have to struggle so shows that this is not our natural home, it is not our natural existence. The chemical elements do not have to struggle to maintain their existence. Hydrogen is hydrogen no matter what you do with it or what combinations it may be in or what God you pray to, to change it into oxygen. This is evidence that existence in this world is native to certain forms or conditions of life; it is natural to them; they can exist here for untold millions of years without difficulty or trouble of any kind. The chemical elements do not need to struggle for their existence; their "knowledge" is sufficient for the task.

As souls, we too have had an existence which we did not have to struggle to maintain. We had an existence before

there was time; we had an existence before there was space; we had an existence before there was any matter. *We have such an existence right now;* but unfortunately we do not know it because, though we are perceivers with the power to see, we dwell in darkness -- the darkness of life which is not aware that it is Life. Finally we may come to learn that it is not the maintenance of life which awakens spiritual energy, but the transcendence of the patterns of life we presently know. But the awareness of the possibility of transcendence -- that, too, lies within, a light which may be dimmed, but never extinguished.

Soul, then, is that aspect of ourselves which *is* aware that it is Life. Soul is the Perceiver, not any of his perceptions; soul is the Experiencer, not any of his enjoyment or suffering. Soul is That in us which *"knows*, for it is knowledge; it is the Man that was, that is, and will be, for whom the hour shall never strike."

*Editor's note: Helena Petrovna Blavatsky (1831-1891) was the founder of the movement called "Theosophy". Theosophy is a doctrine of religious philosophy and mysticism. Theosophy holds that all religions are attempts by the "Spiritual Hierarchy" to help humanity in evolving to greater perfection, and that each religion therefore has a portion of the truth. ~ from Wikipedia~*

*This article is one of several short articles comprising a series of Theosophical talks given during the years 1915-35 by the Theosophical Society. As noted at the beginning of the article, it was first published in the Theosophy magazine in 1959.*

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LIVING HEALTH

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**LIVING HEALTH**

**HEADACHE RELIEF: ENERGY HEALING TECHNIQUES TO RELIEVE PAIN**

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by Nancy Hausauer

Are you looking for a way to tame a headache without resorting to painkilling drugs?

Because headaches occur in the energy field surrounding your body, as well as in your physical body, you can use energy healing to help relieve headache pain. Read on to learn how.

**Prepare Yourself to Do Energy Healing**

Take a few moments to quiet yourself. Breathe deeply, slowly, and regularly for a few minutes while you tune into your body. Set the intention to relieve your headache.

From a seated position (or whatever is most comfortable), rub your hands briskly together for 15-30 seconds to sensitize them. Turn your palms so that they are facing inward, towards each other, 1-2 feet apart. Slowly bring them towards each other, paying attention to any sensations that you feel in your palms. The sensations may be very slight. They may feel like a pressure or fullness in your palms.

Common Locations of Headache Pain



Picture of headaches comes from [www.topnews.in/health](http://www.topnews.in/health)

You're feeling your own subtle energy! The feelings may

get stronger as your palms get closer to each other. (Don't worry if you can't feel anything. Just keep practicing this exercise, and you will.) Play with sensing your own energy for a while, then return your hands comfortably to your lap.

Next you will be using your hands to sense your energy field, the electromagnetic energy surrounding your body. Stretch out your arm with your palm facing toward your head, in the area of the headache. See if you can sense your field.

Slowly bring your palm closer to your head, feeling for any subtle differences or disturbances in your energy field. Experiment with approaching the headache area from different angles.

The energy signature of the headache might feel like a heaviness, a cloudiness, a spike, a prickliness, a disturbance or turbulence, buzzy, electric--or like something else entirely. People feel energy differently and your experience will be unique.

The area in your field where you feel the most difference or disturbance in the energy is the place that you will be working.

If your hands don't pick up the energy signature of the headache--don't worry. Like anything, it takes practice. Intention is the most important element of energy work--so hold the intention to relieve your headache, and just act "as if" you can feel it, working in your field wherever you feel drawn to do so.

### **Headache Energy Healing Techniques**

1 ) Move your left hand slowly counter-clockwise in a circular motion in the field over the painful area, for up to five minutes. This will help to clear and release the energy of the headache. When you feel the energy change or the headache abate, or when you just get the sense that it's time, put your left arm down. Using your right hand, reverse the motion and move it in a clockwise circle over the painful area, balancing the area you've just cleared.

2) An even simpler technique is to hold your hand, palm-down, in the field over the painful area (where you feel the energetic disturbance) for up to five minutes. You can hold your hand still or move it to "smooth" the energy. If the disturbed energy moves (usually closer to the head), just follow it with your hand. When you feel the disturbance lift, clear, smooth, or otherwise change, or when you feel your headache improve, you're done.

### **Afterward**

You may want to wash your hands in cool water, or shake your hands, to help clear any excess energy from them. Take some time to rest and breathe slowly and deeply.

### **See Your Doctor Immediately If**

Some headaches are serious and require immediate attention from your medical doctor. The following headache symptoms are signs of potentially serious, even life-threatening health problems. Please call your doctor immediately if:

- you experience extremely intense head pain
- the headache comes on very suddenly and severely
- the headache is accompanied by mental confusion
- the headache is accompanied by unusual symptoms such as passing out, loss of vision, or difficulty walking or speaking
- the headache is accompanied by a high fever (over 100 degrees F) and/or stiff neck
- you are over 50 and the headache is a new kind for you
- the headache was preceded by head trauma
- you have a family history of brain aneurysms.

(This article is not intended to replace the advice and treatment of your regular medical doctor. Please call your doctor immediately if you have any serious health concerns.)

*(c) 2009 -- Nancy Hausauer, with permission from the author. Nancy has a holistic healing practice in Tacoma, Washington. To learn more about how you can support your health and wellness with natural techniques including energy healing, massage, and a wide variety of self-care practices, visits her websites at [the-energy-healing-site.com](http://the-energy-healing-site.com) and [Tacoma-Massage-Therapy](http://Tacoma-Massage-Therapy).*

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## TAURUS: ORGANICALLY YOURS

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**By Christina Rai Wheelwright**

Each of the individual 12 signs coincides, not with a particular month of the year, but rather, a particular *time* of the year. As we consider where each sign falls, we get some insight into the workings of the energy described. Even if you know nothing about astrology, just working with this little piece of information can give you much insight into the different energies of the zodiac. Traditionally, Aries is designated as being the ‘first’ sign of the zodiac. This makes sense from an organic viewpoint since Aries coincides with Spring when the Earth ‘wakes up’ after the slumber of winter. Aries is a Fire energy and again, this is evocative of warmth, activity, awakening. Astrologically, Fire co-relates to Spirit and everything is born at this level—the spiritual level of being.

After Fire comes Earth. How fitting! The inspiration that is born from the fire of spirit now finds form, flows into a vessel that can receive it, is grounded and concretized. The second sign of the zodiac, after Aries, is Taurus, a fixed earth energy. In Taurus we meet the organic process and get to know our selves as physical beings. Fittingly, Taurus falls across the months of April and May, when, in the northern hemisphere, the ignition process that began at Equinox is now coming into ‘bloom’. The trees are leafing, the grass is greening, robins return to find the worms which have moved up to the surface of the ground and we, the humans, can finally take our winter jackets off and feel the heat of the Sun on our skin. Ah, vitamin D...at last!

Taurus, then, is representative of the organic part of the spiral of life. Sexy, sensual and receptive, Taurus loves the simple process of just ‘being’. In Taurus we celebrate all things physical and revel in the literal 5 senses that flesh out our world. Taurus loves the vista of the landscape, taking delight in the organic environment. Aromatic surroundings are a must. Harmonious and pleasing melodies soothe the

Taurus soul. And no wonder since Taurus co-relates to the throat chakra. Slipping into luxurious fabrics, warm, watery rivers and lakes or just simply lying naked in the

sun are all aspects of the Taurus need to feel good. Flavours that entice the tongue and burst onto the taste buds are what Taurus prefers. Never mind the spartan and austere. Bring on the abundance and glory of the organic. Revel in the joy of being physical and all that comes along with it.

Whenever I work with the Tarot, and I draw The Empress, I think of Taurus. I am reminded that I am physical and that I must pay attention to my organic self. I understand that to work with my creative energy, I need to find a place of balance in my physical self. I need my physical energy if I am to do the work of a creative being—whatever forms that creativity takes, whether artistic, crafty or even within the realm of what we sometimes regard as the mundane, ordinary daily routines that we all must do. When you prepare food with

creative energy, it always tastes better than if you prepare it ‘in absentia’. This is the Taurus part of the psyche, the love that is the basis of all creative flow. If we fall in love with what we are doing, and desire to infuse it with feeling and the texture and depth of emotion, we are much more likely to produce something that will be well received by others. Taurus energy, then, is very much connected to that need that we all have to connect to something beautiful, something rich and lovely, something full and ripe and which gives pleasure, contentment and eases the spirit. How many of us have not relaxed to the sounds of a favourite piece of music, sipping some aromatic beverage, nibbling on some satisfying snack, wrapped in a comfy blankie in a soft chair or bed

with the light of a glowing candle around us, after a challenging day of activity? Everyone, probably...

People who have a focus of Taurus energy in their psyches are the lovers of the zodiac. Often calm, quiet and comfortable, they can be the rocks that everyone turns to in times of trouble. Taurus intuitively understands that everything is cyclical. Taurus knows that the underlying principle that governs life is that there is a pattern to organic flow, that life is a spiral with no real ending.

This is probably the main thing to understand when exploring Taurus; that there is a place for the organic, the physical. In Taurus we face our physical selves, the

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container for that energy of spirit that finds its home therein.

At a core level, we confront ourselves in the expression of our values and the concretization of these values in the context of desires in Taurus. We seek that which we value and esteem. It is of great importance to be clear about the nature and structure of our values. How does our value system translate into the concrete? How do we organically process that which we hold at our core level? Does the construct of our life reflect our inner values? These are the issues that we are dealing with in Taurus.

Taurus occupies the second house of the natural wheel and the ruler of Taurus is Venus. If there is a focus of energy in the second house of a person's natal horoscope, then the keyword, worth or value holds a prominent place in that psyche. Such a person will naturally be concerned with all levels of this thing called resource from the material all the way to the conceptual. For such a person, it is vital that she 'concretize' what is meaningful to her. This, of course, also applies to anyone with a lot of Taurus energy in their psyche.

The symbol for Taurus is The Bull signifying, unmovable strength or power, fertility and regeneration, that connection to the organic. Sometimes Taurus is dubbed as being stubborn but in reality, it is the energy of constancy that the Bull represents though, if the ego self does not consciously manage this powerful and forceful presence of mind, it can be mistaken for intransigence. But if you have ever seen a bull at full bore, bearing down on its target, you will see that this energy can move if needed. The key, for strongly Taurus types, is to channel their intrinsic forcefulness into just cause based on lofty values. This then is the appropriate use of power and might.

The planet, Venus, is the second planet of the solar system, Earth's sister star. She has the most beautiful cyclical pattern which, when tracked over an 8 year span, creates a perfect pentagram or five pointed star in the circle of the zodiac. Ancient star-gazers decoded this beautiful pattern millennia ago and this was probably the root reason for the magical and mystical associations that this symbol has. I associate this pattern with the creative impulse since desire and the need to express in concrete terms something of our inner values is what triggers creativity on every level, whether the purely physical, procreativity, or something more ethereal like the birth of art, thinking and so forth.

A very easy ritual to include in your life is to commemorate your 8 year Venus Return cycle. Even if

you do not know where your Venus is placed astrologically, you know that at every 8 year point in your life journey, 8, 16, 24, 32, 40, 48, 56, 64, 72, 80, 88, 96, 104 (I am being proactively optimistic here), you can do a reboot in relation to your value system, your desire patterns, and even your organic self. Make a vision board for what you want the next 8 years to look like. Where would you like to be at the end of those 8 years? What do you want to look like? What do you want your life to be structured around? Who do you want to love? Be specific. 8 years is just long enough without being too out of sight. Most of us can just about imagine 8 years forward, right? It is this kind of mindfulness that ultimately contributes to a satisfying and contented existence—two very strongly Taurus words!

Finally, a word about Taurus' partner sign. Sitting across from The Bull is the shape-shifting magical and mysterious Scorpion/Snake/Dove/Eagle/Phoenix—Scorpio. Together, these energies balance out to represent all that we hold and all that we release, all that is known and material and all that is hidden and non-material. It is the juxtaposition of the LIGHT and the DARK, the dance of birth and death. Together, they find completion in each other and create order out of chaos. We humans need to understand our world in terms of balance, harmony and duality.

Taurus, then, teaches us to accept, to receive, to luxuriate and to be content. Wherever it is found in YOUR psyche, is where you want to get real, get down. It is survival at its most primal level. It is strong, silent and sublime and honestly, we love Taurus. How can we not?

Blessings to all!  
Christina Rai

© Christina Rai February 2010. Christina is an Evolutionary Astrologer and she focuses on the internal dynamic structure of the self in all of its layered parts, the ego, the akashic storehouse, the soul, and the connection to spirit. As she unfolds the petals of your soul flower (the birth mandala or natal horoscope) using the gentle but incisive tool of astrology, she takes you on a journey to the very heart of your being. See her website [www.christinarai.com](http://www.christinarai.com) or email her at [christinaraiw@gmail.com](mailto:christinaraiw@gmail.com).



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# CLASSIFIEDS

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## Angels

**One-on-one Angel Reading class – approximately 3.5 hours** with Judy Hirst - Class covers tips about protection, alternate card meanings, layout strategies, incorporating mediumship and some personal tailoring to your style. Energy exchange \$140.00. Call Judy at 403-225-2016 if this feels right to you!

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## Art

**Applaud the Arts Calgary ART SHOW & SALE at Springbank Community Church Saturday, May 01, 2010 at 10:00 AM - 5:00 PM**  
Applaud the Arts Calgary is an annual show and sale held in Springbank each Spring. There are many artists involved and work ranges from oil, mixed media and acrylic fine art to jewelry, glass and ink. Free admission, come and celebrate art in Calgary! Location is directly south of Calaway Park.  
[www.samanthadasilva.com](http://www.samanthadasilva.com)

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## Astrology

**EVOLUTIONARY ASTROLOGY** with Christina Rai. Connect to your Soul Purpose. Develop strategies for successful self-integration with the help of the magical tool of astrology. Check out my website for more!  
[www.christinarai.com](http://www.christinarai.com). To make an appointment, email [christinaraiw@gmail.com](mailto:christinaraiw@gmail.com) or call 204-990-4970.

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## Books

**CBC / Calgary Reads 8th Annual Book Sale May 1 - 2 (9am-4pm)** at Triwood Arena - 2244 Chicoutimi Dr. NW  
Call Colleen Ferguson 403-777-8254 or [cdferguson@cbe.ab.ca](mailto:cdferguson@cbe.ab.ca) You never know what treasures you may unearth while helping to raise the funds needed to assist a child in learning to read. [www.calgaryreads.com](http://www.calgaryreads.com)

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**The Story of Light Volume II: Through Heaven's Gate** – now available. For more info on the book, including a look at the table of contents, introduction, and first 12 pages of chapter 1, plus audio readings, go to [www.thestoryoflight.com](http://www.thestoryoflight.com) Call Roger Joyeux to order direct at 403-225-2016.

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## Children

**Calgary International Children's Festival Tuesday, May 25, 2010 to Sunday, May 30, 2010** 9am-9pm at EPCOR

CENTRE for the Performing Arts and on Olympic Plaza Calgary's biggest playdate of the year, the Calgary International Children's Festival, presented by Qualico Communities. Contact is Carolyn Luhning  
[luhning@calgarychildfest.org](mailto:luhning@calgarychildfest.org) [www.calgarychildfest.org](http://www.calgarychildfest.org)

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## Healing

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## Music

**Calgary Jazz Festival June 21 – 27 2010 Nightly**  
See Canadian and international performers along the likes of Jimmy Cobb, The Monterey Quartet and the cutting-edge Wassabi Collective at a plethora of Calgary venues. See line up at [www.calgaryjazz.com](http://www.calgaryjazz.com)

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## Small Business

**SOHOSME Business Conference & Expo at Westin Calgary** Wednesday, June 02, 2010 at 8:30am - 7:30pm  
The SOHOSME Business Conference & Expo connects business professionals, executives and entrepreneur with valuable tools, resources and information focused on business success and growth. The event attracts small and medium size businesses as well as many business service providers from the government and private sector. Highlights include exhibits and displays, keynote presentations, how-to session and panels, entrepreneur spotlights, a great networking reception and more. The Main Conference & Tradeshow Program is free to attend when you pre-register online (or \$25 at the door).  
[www.soho.ca/sohosme](http://www.soho.ca/sohosme)

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## Web Design

**Webdesign11.com** – websites, graphics including book publishing, logos, brochure design, banners, posters, Flash work, JavaScript, and custom designs. Websites starting at \$222.00

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# THE LAST WORD!

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## The interview with God

I dreamed I had an interview with God.

“So you would like to interview me?” God asked.



“If you have the time!” I said.

God smiled. “My time is eternity. What questions do you have in mind for me?”

“What surprises you most about humankind?”

God answered...

“That they get bored with childhood; they rush to grow up, and then long to be children again.”

“That they lose their health to make money... and then lose their money to restore their health.”

“That by thinking anxiously about the future, they forget the present, such that they live in neither the present nor the future.”

“That they live as if they will never die, and die as though they had never lived.”

Gods hand took mine and we were silent for a while.

And then I asked...

“As a parent, what are some of life’s lessons you want your children to learn?”

“To learn they cannot make anyone love them. All they can do is let themselves be loved. “

“To learn that it is not good

to compare themselves to others.”

“To learn to forgive by practicing forgiveness.”

“To learn that it only takes a few seconds to open profound wounds in those they love, and it can take many years to heal them.”

“To learn that a rich person is not one who has the most, but is one who needs the least.”

“To learn that there are people who love them dearly, but simply have not yet learned how to express or show their feelings.”

“To learn that two people can look at the same thing and see it differently.”

“To learn that it is not enough that they forgive one another, but they must also forgive themselves.”

"Thank you for your time," I said humbly. "Is there anything else you would like your children to know?"

God smiled and said, "Just know that I am here... always."

~ Anonymous~

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“Baby great horned owl” - Picture taken by Judith Hirst-Joyeux on May 22 2009 in Fish Creek Park.

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

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In your RELATIONSHIPS?  
In your FINANCES?  
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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)

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