



ANGELS AND ANCESTORS MAGAZINE

SHARING THE NATURAL WISDOM OF THE EARTH AND ITS INHABITANTS

In This Issue:

*The Importance of the
Hara Center P.8*

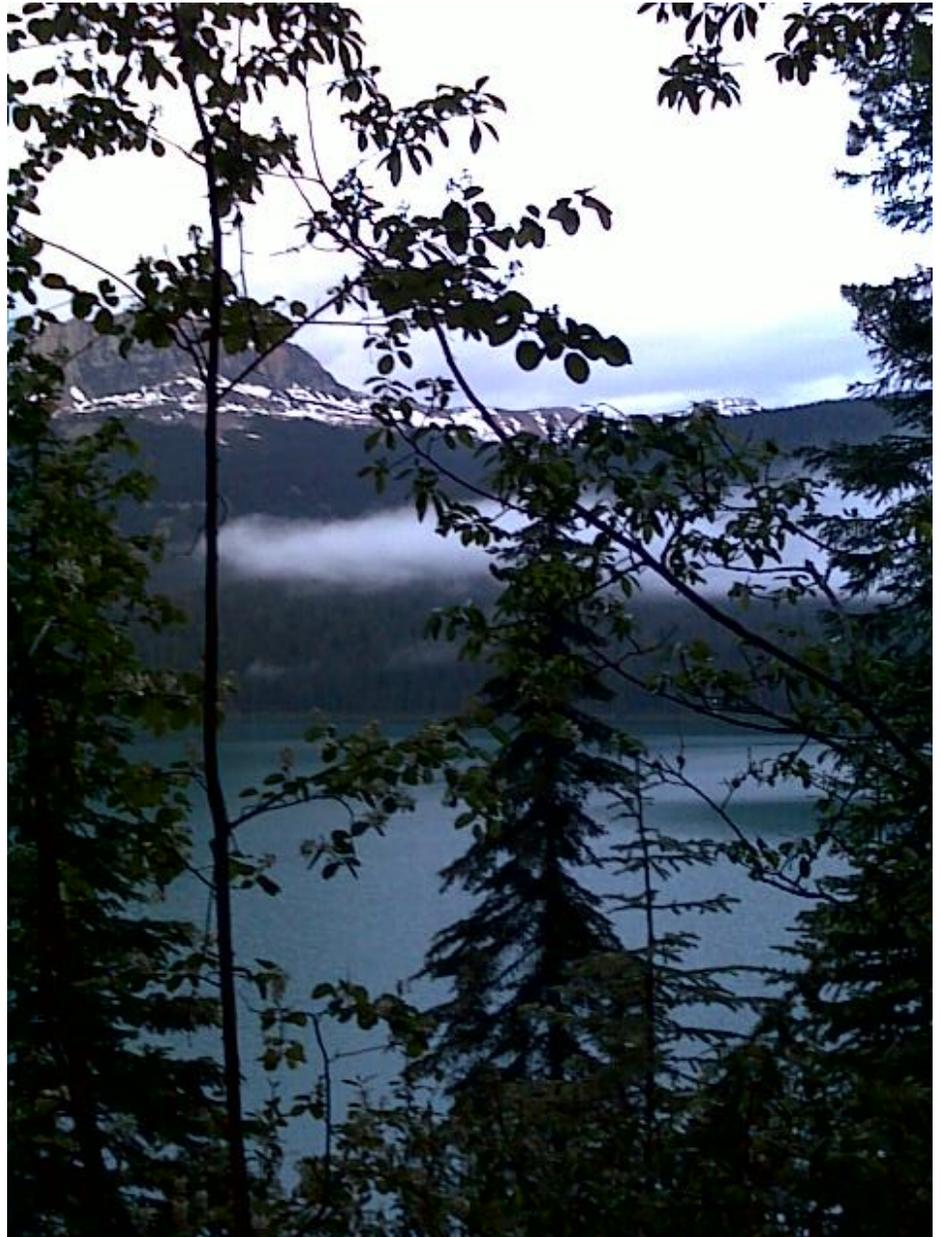
*Letting go of Attachment,
from A to Zen P. 14*

*Beating the Mid-day
Slump P.18*

Cover picture is:

*“Spirit Cloud Over
Emerald Lake”*

Taken June 2010 by Judy Hirst



Working With Healing
JULY 2010 Volume 4 Issue 10
www.angelsandancestors.com



HAPPY CANADA DAY – JULY 1, 2010

They All Call It Canada

*Side by Side and step by step
Our fathers were marching along
They were building a road to the future
With a spade and a smile and a song.*

*Out of the wildness and out of the sand
Grew the land that we live in today.
Though the job to be done has barely begun,
There is one thing I'm proud to say:*

*My country is my cathedral
The northern sky its dome
They all call it Canada
But I call it home*

*The mountains, the lakes and valleys
Are friends that I have known
They all call it Canada
But I call it home*

*From the Atlantic to the Pacific
From the pole to the U.S.A.
We're on united brotherhood
And united we will stay*

*The people across the border
And far across the foam
They all call it Canada
But I call it home*

~ Author Unknown

ANGELS AND ANCESTORS

VOLUME 4 ISSUE 10 JULY 2010
Since 2006

THIS MONTH

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Cover Picture: The cover picture was taken in the last two weeks, from the shore of Emerald Lake, BC. Emerald Lake Lodge sits serenely on the shore of the lake, and soothes the soul with its quiet energy.

“Working With Healing”

I usually get the theme of the magazine in the form of quiet guided information from my spirit guides or angels. I was surprised when I started writing this issue to find that the topic was going to be “healing” because I think the topic is over worked.

However, all the events that are happening around the globe are showing us that the traditional “drugs and surgeries” solution cannot solve the tide of emotional shifting that is happening due to:

- Volcanoes erupting and killing people and animals and spreading ash that will severely restrict food production and travel, and therefore affect people’s livelihood.
- Torrential rains causing flooding that is wiping out homes, people, animals, crops, and even changing water flows. Again, people are emotional when they lose their friends and family, and their animals and homes.
- Freak frosts hitting traditional low lying areas, and wiping out early crops.
- Tornadoes, hurricanes, and high winds destroying forests, farms, crops, and pushing vehicles around.
- The big oil spill in the Gulf of Mexico that has killed many birds, animals, and ocean life, and is now affecting those living along the shores, and causing respiratory problems.
- Unusual bus crashes, train derailments, plane crashes, and group violence are affecting large numbers of people around the world.
- Earthquakes are happening in all parts of the world, and shaking things up, often leaving many homeless. If they are not homeless, the residents of the area often have huge cleanup challenges as well as home repair costs.
- Shifting Teutonic Plates are causing sink holes, and bridge, freeway, and road instabilities that are affecting people’s ability to move around the city and even the country; and, causing frustration and anger.
- Power outages or power fluctuations which affect productivity and personal comfort, and leave people feeling “cut off”.

Energy healers have learned that when our emotional field is affected, the physical and mental fields are adversely changed, and this interferes, often, with our spiritual growth.

Right now, to stay ahead of the waves of anger, helplessness, blame, and demand for assistance that is coming at us from so many areas, each of us must find a way to improve our physical body health, and our emotional body health. Each of us needs to find a point of healing that is independent of manufactured products or machines because the manufacturing may not be sustainable as companies are now going through financial crisis.

My Angels tell me that all of these calamities are necessary to get humanity to start shifting – shifting into a more conscious way of living instead of mindlessly accepting what the government and the corporations say is the “right” way to do things, or what they say is the best thing to eat or to drink. The Angels say that as we become more conscious, our hearts will tell us what we need to do. Now, however, we are so drugged with medical drugs, food additives, and chemical items all around us, that we cannot feel the truth of anything.

As we eliminate the physically harmful food and drugs and beverages from our daily practices, our bodies will go through a healing crisis as our bodies work to dump all the toxins out of our systems. Each of us will need to have a healing solution that will help us cope with the change. Remember that most drugs and additives that are synthetically produced are also depressants. The goal of healing is to bring us back into balance, and, as that happens, elevate our mood so that we may be happy, and feel kindness to others.

Being physically strong and whole is especially important for anyone who is empathic as the physical strength will help them cope with the waves of sadness, grief and despair that are energies circulating now, in part, because of all the events listed earlier in this writing.

Is this a doom and gloom warning? No! It is a teaching saying that we can do better, and that we have tools to do better. We simply now need to take action, and to become self aware. Yes, people are turning to more alternative healing methods and demanding that supermarkets provide natural, organic foods.

I am also applauding all of us for taking action, and for not getting over burdened by the emotions wrapping around the planet. I honour all of us that are keeping positive thoughts and actions in our daily lives and sending these thoughts out to neutralize the negative energy. As we do this, we are “working with healing”, and the Universe is grateful!

Judy

Send your comments to <mailto:judy@angelsandancestors.com>.

ANGELS EVENTS LISTING

JULY 2010

July 11 2010 Sunday New Moon Meditation 7:00pm – 9:00pm, By Donation This will be the "Dreaming Time". We will work with the Celtic Goddess "Epona" and her white mare. Call Judy 403-225-2016 to register, or email judy@angelsandancestors.com. Directions provided upon registration.

July 27 2010 Tuesday "Three Tools to use in Self Healing" 7:00pm – 9:00pm By Donation The tools consist of working with the Angels of Karma to release energy that is not for the greatest and highest good of self; a tool to release manipulations and negative energy; and a tool to balance all the energy fields. Each participant will walk away with the printed copy of each tool so they will be able to use it over and over in their journey. Call Judy 403-225-2016 to register, or email judy@angelsandancestors.com. Directions provided upon registration.

July 28 2010 Wednesday "Talk to the Trees" 7:00pm – 9:00pm By Donation Physicist Ed Wagner says that Trees communicate in what he calls W-waves. This workshop takes you out into Nature to learn three ways to talk to and to communicate with trees. Pre-registration required. Call Judy 403-225-2016 to register, or email judy@angelsandancestors.com. Directions for meeting site provided at registration.

August 2010

August 10 2010 Tuesday New Moon Meditation 7:00pm – 9:00pm, By Donation This month, we will work with Kwan Yin, known as The Goddess of Mercy, Gentle Protectress, Bodhisattva of Compassion, and even the saviour of seamen and fishermen. She holds many titles and the spelling of her name varies. However, she will teach us to hold compassion in our energy field. Call Judy 403-225-2016 to register, or email judy@angelsandancestors.com. Directions provided upon registration.

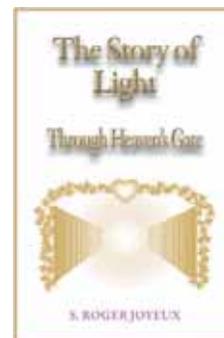
August 14-15, 2010 SAT & SUN CRYSTALS' LIGHT WORKSHOP, This powerful and comprehensive workshop will not only teach you how to use your crystals for healing and empowerment, it will teach you about divine light. Register with Roger, author of [THE STORY OF LIGHT](#), at 403-225-2016 or [email srjoyeux@gmail.com](mailto:srjoyeux@gmail.com). More info [here](#).

August 19 2010 Thursday "Heal with the Trees" 7:00pm – 9:00pm By Donation Meet ten specific trees, and learn their healing properties, and how to bring that healing into a self healing practice. Pre-registration required. Call Judy 403-225-2016 to register, or email judy@angelsandancestors.com. Directions for meeting site provided at registration.

September 2010

September 8 2010 Wednesday New Moon Meditation 7:00pm – 9:00pm, By Donation Watch the website www.angelsandancestors.com for more details. Call Judy 403-225-2016 to register, or email judy@angelsandancestors.com. Directions provided upon registration.

For other event listings, please see the Classifieds on Page 25.



by S. Roger Joyeux

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ACHIEVE HAPPINESS BY ACCESSING YOUR INNER GUIDE



The following post is by Brian Tracy, author of No Excuses! The Power of Self-Discipline. In the post, he shares his advice on how to listen to yourself in order to achieve happiness. The methods outlined below really do work. More information about Brian and his work can be found at www.briantracy.com.

You've heard of Murphy's Law, which says that whatever can go wrong will go wrong. Well, there's another law, which says that left to themselves, things have a tendency to go from bad to worse. When something is making you unhappy, for any reason, the situation will tend to get worse rather than better. So avoid the temptation to engage in denial, to pretend that nothing is wrong, to wish and hope and pray that, whatever it is, it will go away and you won't have to do anything. The fact is that it probably will get worse before it gets better and that ultimately you will need to face the situation and do something about it.

There's an old saying that you can't solve a problem on the level that you meet it. This means that wrestling with a challenge is usually fruitless and frustrating. For example, if two people who are in a relationship together are constantly fighting and negotiating and looking for some way to resolve their difficulties, they're attempting to solve the problem on the wrong level. Dealing with the problem on a higher level, those people would ask the question, "In terms of being happy, is this the right relationship for us in the first place?" As soon as you begin to use happiness as your measure of rightness, you begin to see a situation entirely differently. Many people work very hard and experience considerable frustration trying to do a particular job.

However, in terms of their own happiness, the right answer might be to do something else, or to do what they're doing in a different place, or to do it with different people -- or all three.

Ask Yourself

Following are a few questions for you to answer in this arena of happiness. Many people refuse to even consider these questions because they're afraid that if they do, they won't like the answers. But nevertheless, have the courage to clearly define your life in your own terms. Here are the questions; write them down at the top of a sheet of paper, and then write as many answers to each one as you possibly can.

The first question is: "**What would it take for me to be perfectly happy?**"

Write down every single thing that you can imagine would be in your life if you were perfectly happy at this very moment. Write down things such as health, happiness, prosperity, loving relationships, inner peace, travel, car, clothes, homes, money, and so on. Let your mind run freely. Imagine that you have no limitations at all. Write everything down whether or not you think you have the capacity to acquire it or achieve it in the short term. Your first job is always to be clear about what it would take for you to have your ideal life.

The second question is a little tougher. Write down at the top of a page this question: "**In what situations in my life, and with whom, am I not perfectly happy?**"

Force yourself to think about every part of your day, from morning to night, and write down every element that makes you unhappy or dissatisfied in any way. Remember, proper diagnosis is half the cure. Identifying the problematic situations is the first step to resolving them.

The third question will give you some important guidelines. Write down at the top of a sheet of paper these words: "**In looking over my life, where and when have I been the happiest? Where was I, with whom was I, and what was I doing?**"

By asking and answering those three questions, you begin to delve deeper and deeper into yourself and your feelings. You begin to accept your own happiness as a legitimate standard by which to evaluate everyone and everything in your life. You begin to develop the wisdom, the courage, and the foresight to organize your life in such a way that you become a much happier person.

Once you have the answers to those questions, think about what you can do, starting immediately, to begin creating the kind of life that you dream of. It may take you a week, a month or a year, but that doesn't matter. Every single thing you do that moves you closer to your vision of happiness will be rewarding in itself. You'll become a more positive and optimistic person. You'll feel more confident and more in charge of your life.

Happy vs. Right

And now here's the most important exercise of all. It is from the advice of Dr. Gerald Jampolsky, who asks, "Do you want to be right, or do you want to be happy?" He recommends that you set peace of mind as your highest goal and that you select and organize around it all your other goals in life. You hold up each part of your life to this standard of peace of mind, and you either get into or get out of anything that adds to it or detracts from it. The most important part in this process of getting in touch with your feelings is to begin to practice solitude on a regular basis. Solitude is the most powerful activity in which you can engage. Men and women who practice it correctly and on a regular basis never fail to be amazed at the difference it makes in their lives.

Most people have never practiced solitude. Most people have never sat down quietly by themselves for any period of time in their entire lives. Most people are so busy being busy, doing something -- even watching television -- that it's highly unusual for them to simply sit, deliberately, and do nothing. But as Catherine Ponder points out, "Men and women begin to become great when they begin to take time quietly by themselves, when they begin to practice solitude." And here's the method you can use.

Method of Solitude

To get the full benefit of your periods of solitude, you must sit quietly for at least 30 to 60 minutes at a time. If you haven't done it before, it will take the first 25 minutes or so for you to stop fidgeting and moving around. You'll almost have to hold yourself physically in your seat. You'll have an almost irresistible desire to get up and do something. But you must persist.

Solitude requires that you sit quietly, perfectly still, back and head erect, eyes open, without cigarettes, candy, writing materials, music or any interruptions whatsoever for at least 30 minutes. An hour is better.

Become completely relaxed, and breathe deeply. Just let your mind flow. Don't deliberately try to think about anything. The harder you "don't try," the more powerfully it works. After 20 or 25 minutes, you'll begin

to feel deeply relaxed. You'll begin to experience a flow of energy coming into your mind and body. You'll have a tremendous sense of well-being. At this point, you'll be ready to get the full benefit of these moments of contemplation.

The incredible thing about solitude is that if it is done correctly, it works just about 100 percent of the time. While you're sitting there, a stream, a river, of ideas will flow through your mind. You'll think about countless subjects in an uncontrolled stream of consciousness. Your job is just to relax and listen to your inner voice. At a certain stage during your period of solitude, the answers to the most pressing difficulties facing you will emerge quietly and clearly, like a boat putting in gently to the side of a lake. The answer that you seek will come to you so clearly and it will feel so perfect that you'll experience a deep sense of gratitude and contentment. You may get several answers in one period of quiet sitting. But in any case, you'll get the answer to the most important situation facing you every single time.

When you arise from this period of quiet, you must do exactly what has come to you. It may involve dealing with a human situation. It may involve starting something or quitting something. Whatever it is, when you follow the guidance that you received in solitude, it will turn out to be exactly the right thing to do.

Everything will be OK. And it will usually work out far better than you could have imagined. Just try it and see. That brings us to the final point on getting in touch with your feelings: You must learn to trust yourself. You must learn to take time to listen to your emotions and your feelings as to what makes you happy or unhappy, as to what feels right or wrong. You must absolutely trust that what is right for you is the right thing to do. You must never compromise on what your inner voice tells you to do. You must never go against what you feel to be correct. You must develop the habit of listening to yourself and then acting on the guidance you receive. When you listen to yourself and act on what you hear inside, you are setting out on the road to personal greatness. For more on this, read "[Accessing Your Inner-Guidance Part One](#)".

© 2010 Brian Tracy, author of *No Excuses! The Power of Self-Discipline*. **Author Bio:** Brian Tracy, author of *No Excuses! The Power of Self-Discipline*, was born in eastern Canada in 1944 and grew up in California. After dropping out of high school, he traveled and worked his way around the world, eventually visiting eighty countries on six continents. His extensive personal studies in business, sales, management, marketing, and economics enabled him to become the head of a \$265 million company before he turned his attention to consulting, training, and personal development. He is now the president of three companies with operations worldwide. He is married, has four children, and lives in San Diego, California. For more information, please visit www.briantracy.com, and follow the author on [Facebook](#) and [Twitter](#).



MNMLIST : LESS

Stop buying unnecessary things.
Toss half your stuff, learn contentedness.
Reduce half again.
List 4 essential things in your life,
Stop doing non-essential things.
Do these essentials first each day, clear distractions,
Focus on each moment.
Let go of attachment to doing, having more.
Fall in love with *less*.

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THE IMPORTANCE OF THE HARA CENTER

By Osho

Question: You once suggested to me that I keep my energy inside and bring it to my Hara, my lower belly. Since doing this, I notice that my Hara has become like a mirror for all my feelings.

I feel that behind this small suggestion of yours lies more than I can imagine. Could you please comment?

The hara is the center from where a life leaves the body. It is the center of death. The word *hara* is Japanese; that's why in Japan, suicide is called *hara-kiri*. The center is just two inches below the navel. It is very important, and almost everybody in the world has felt it. But only in Japan have they gone deeper into its implications.

Even the people in India who had worked tremendously hard on centers, had not considered the Hara. The reason for their missing it was because they had never

considered death to be of any significance. Your soul never dies, so why bother about a center that functions only as a door for energies to get out, and to enter into another body? They worked from sex, which is the life center. They have worked on seven centers, but the Hara is not even mentioned in any Indian scriptures.

The people who worked hardest on the centers for thousands of years have not mentioned the Hara, and this cannot be just a coincidence. The reason was that they never took death seriously. These seven centers are life centers, and each center is of a higher life. The seventh is the highest center of life, when you are almost a god.

The Hara is very close to the sex center. If you don't rise towards higher centers, towards the seventh center which is in your head, and if you remain for your whole life at the sex center, then just by the side of the sex center is the Hara, and when then life ends, the Hara will be the center from where your life will move out of the body.

Why did I tell you this? You were very energetic, but not aware of any higher centers; your whole energy was at the sex center, and you were overflowing. Energy overflowing at the sex center is dangerous, because it can start releasing from the Hara. And if it starts releasing from the Hara, then to take it upwards becomes more difficult. So I had told you to keep your energy in, and not to be so expressive: Hold it in! I simply wanted the Hara center, which was opening and which could have been very dangerous, to be completely closed.

You followed it, and you have become a totally different person. Now when I see you, I cannot believe the expressiveness that I had seen at first. Now you are centered and your energy is moving in the right direction of the higher centers. It is almost at the fourth center, which is the center of love and which is a very balancing center. There are three centers below it, and three centers above it.

Once a person is at the center of love, there is very rarely a possibility for him to fall back down, because he has tasted something of the heights. Now valleys will be very dark, ugly; he has seen sunlit peaks, not very high, but still high; now his whole desire will be.... And that is the trouble with all lovers: they want more love, because they don't understand that the real desire is not for more love but for something more than love. Their language ends with love; they don't know any way that is higher than love, and love does not satisfy. On the contrary, the more you love the thirstier you become.

At the fourth center, of love, one feels a tremendous satisfaction only when energy starts moving to the fifth center. The fifth center is in your throat, and the sixth

center is your third eye. The seventh center, the *sahasrara*, is on the top of your head. All these centers have different expressions and different experiences.

When love moves to the fifth center then whatever talents you have, any creative dimension, is possible for you. This is the center of creativity. It is not only for songs, not only for music; it is for all creativity.

The sixth center, which we call the third eye, is between the two eyes. This gives you a clarity, a vision of all your past lives, and of all the future possibilities. Once your energy has reached your third eye, then you are so close to enlightenment that something of enlightenment starts showing. It radiates from the man of the third eye, and he starts feeling a pull towards the seventh center.

Because of these seven centers, India never bothered about the Hara. The Hara is not in the line; it is just by the side of the sex center. The sex center is the life center, and the Hara is the death center. Too much excitement, too much uncenteredness, too much throwing your energy all over the place is dangerous, because it takes your energy towards the Hara. And once the route is created, it becomes more difficult to move it upwards. The Hara is parallel to the sex center, so the energy can move very easily.

The Hara should be kept closed. That's why I told you to be more centered, to keep your feelings inside, and to bring the energy to your Hara. If you can keep your Hara consciously controlling your energies, it does not allow them to go out. You start feeling a tremendous gravity, a stability, a centeredness, which is a basic necessity for the energy to move upwards.

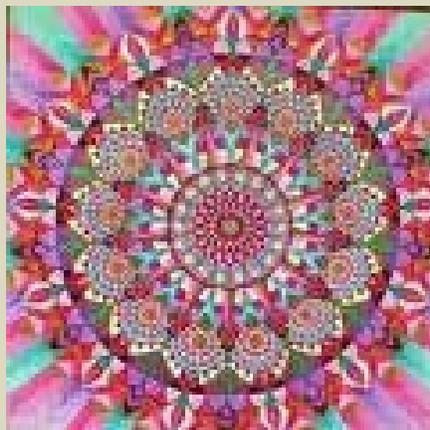
Your Hara center has so much energy that, if it is rightly directed, enlightenment is not a faraway place.

So these two are my suggestions: 1) keep yourself as centered as possible 2) Don't get moved by small things: somebody is angry, somebody insults you, and you think about it for hours. Your whole night is disturbed because somebody said something.... If the Hara can hold more

energy, then naturally that much more energy starts rising upwards. There is only a certain capacity in the Hara, and every energy that moves upwards moves through the Hara; but the Hara should just be closed.

So, one thing is that the Hara should be closed.

The second thing is that you should always work for higher centers. For example, if you feel angry too often you should meditate more on anger, so that anger disappears and its energy becomes compassion. If you are a man who hates everything, then you should concentrate on hate; meditate on hate, and the same energy becomes love.



The Hara is the center of our being. We call Hara the area of the abdomen, and four fingers bellow the navel is the Hara Point where we collect and store life energy.

The Hara is our source of joy and vitality. When we are connected with this center, we feel at home in our body and in the world.

Go on moving upwards, think always of higher ladders, so that you can reach to the highest point of your being. And there should be no leakage from the Hara center.

Energy should not be allowed through the Hara. A person whose energy starts through the Hara you can very easily detect. For example, there are people with whom you will feel suffocated, with whom you will feel as if they are sucking your energy. You will find that, after they are gone, you feel at ease and relaxed, although they were not doing anything wrong to you.

You will find just the opposite kind of people also, whose meeting you makes you joyful, healthier. If you were sad, your sadness disappears; if you were angry, your anger disappears. These are the people whose energy is moving to higher centers. Their energy affects your energy. We are affecting each other continually. And the man who is

conscious, chooses friends and company which raises his energy higher.

One point is very clear. There are people who suck you, avoid them! It is better to be clear about it, say goodbye to them. There is no need to suffer, because they are dangerous; they can open your Hara too. Their Hara is open, that's why they create such a sucking feeling in you.

Psychology has not taken note of it yet, but it is of great importance that psychologically sick people should not be put together. And that is what is being done all over

the world. Psychologically sick people are put into psychiatric institutes together. They are already psychologically sick, and you are putting them in a company which will drag their energy even lower.

Even the doctors who work with psychologically sick people have given enough indication of it. More psychoanalysts commit suicide than any other profession, more psychoanalysts go mad than any other profession. And every psychoanalyst once in a while needs to be treated by some other psychoanalyst. What happens to these poor people? Surrounded by psychologically sick people, they are continually sucked, and they don't have any idea how to close their Haras.

There are methods, techniques to close the Hara, just as there are methods for meditation, to move the energy upwards. The best and simplest method is: try to remain as centered in your life as possible. People cannot even sit silently, they will be changing their position. They cannot lie down silently, the whole night they will be turning and tossing. This is just unrest, a deep restlessness in their souls. One should learn restfulness. And in these small things, the hara stays closed. Particularly psychologists should be trained. Also, psychologically sick people should not be put together.

You have done well. Just continue whatever you are doing, accumulating your energy in yourself. The accumulation of energy automatically makes it go higher. And as it reaches higher you will feel more peaceful, more loving, more joyful, more sharing, more compassionate, more creative. The day is not faraway when you will feel full of light, and the feeling of coming back home.

Osho: *The Golden Future* Copyright © 2002, Osho International Foundation. For more information on the Osho International Foundation, please see www.osho.com.

The Four Reliances

First, rely on the spirit and meaning of the teachings, not on the words;

Second, rely on the teachings, not on the personality of the teacher;

Third, rely on real wisdom, not superficial interpretation;

And fourth, rely on the essence of your pure Wisdom Mind, not on judgmental perceptions.

~~ Traditional Buddhist teaching



Once upon a time there was a doctor who was an expert at treating snakebites. One day he was called for by the relatives of a man who had been bitten by a deadly poisonous snake.

The doctor told them, "There are two ways of treating this snake bite. One is by giving medicine. The other is by capturing the snake who bit him, and forcing him to suck out his own poison."

The family said, "We would like to find the snake and make him suck the poison out."

After the snake was caught, the doctor asked him, "Did you bite this man?"

"Yes I did," said the snake.

"Well then," said the doctor, "You must suck your own poison out of the wound."

But the strong-willed snake replied, "Take back my own poison? Never! I have never done such a thing and I never will!"

Then the doctor started a wood fire and said to the snake, "If you don't suck that poison out, I'll throw you in this fire and burn you up!"

But the snake had made up his mind. He said, "I'd rather die!" And he began moving towards the fire.

In all his years, the snake bite expert doctor had never seen anything like this! He took pity on the courageous snake, and kept him from entering the flames. He used his medicines and magic spells to remove the poison from the suffering man.

The doctor admired the snake's single-minded determination. He knew that if he used his determination in a wholesome way he could improve himself. So he taught him the Five Training Steps to avoid unwholesome actions. Then he set him free and said, "Go in peace and harm no one."

The Buddha Teachings come from different sources. Some stories are changed in the translation. This translation, I believe, is close to the actual story.

ASTROLOGY AND THE AGE OF REASON

By Christina Rai

The birth mandala is a representation of the energetic potential of any given individual. By understanding it & studying it, we can get insight into our internal mechanisms of behaviour & into possible blockages to action & avenues of release. Not only that, but the possibilities of the outworking of any energetic patterns inherent in the mandala can be discerned, so much so that many astrologers are able to use the basic mandala as a predictive tool for their clients.

For centuries the study of this archetypal representation of the self & the soul force behind it, has focused on the specific patterns of relationship as demonstrated by the planetary energies of choice. We can look at the planetary points as areas of high focus either in the form of a blessing or in the form of a challenge, but we should not exclude the potential that is available to us in the rest of the mandala even though it may not be engaged with personal planets and asteroids, targeted by fixed stars or involved in aspect structures. As we move collectively into a potential energetic future (often referred to as the Aquarian Age), we should strive to open ourselves to a shift in how we view energy & our own unique interfacing with that energy. Why should we be restricted to trines, squares, oppositions or any other so-called aspects? Just because we may appear to be a compilation of a certain zodiacal 'family', Fire, Earth Air or Water, why should we limit ourselves to this energy? Just because the obvious focus of a life may be on certain areas of enterprise, why should we feel that we cannot explore other areas of life as well? The concept of transits is familiar to anyone who works with astrological tools & it is time to expand that understanding to include the whole mandala of 360* of energetic potential.

With the advent of the Age of Reason, humans began to push the bar in terms of how they viewed existence. The scientific method did free us in many ways. Certainly, social hierarchy met its demise, though slowly & it can be argued that it is still in its death throes even now. Nevertheless, the scientific model did much to equalize the playing field. Opportunities for advancement were opened up & even the so-called lowest member of society was able to advance to a place in the sun. Magic was, in some cases, explained through careful experimentation & exploration using the newly understood formulae & newly derived 'scientific

methods'. However, the Age of Reason also brought in some negative repercussions. Reductionist thinking & rationalism really led to a shutting down of an important, dare I say, even essential aspect of human existence, the intuitive side of life. Rather than just explaining Magic, science actually contributed to the eradication of the possibility of Magic for the collective. Only that which could be measured was considered 'real'.

If a possibility is excluded from the psyche, it cannot, in fact, manifest. Form follows thought. Interestingly, science has now brought the collective back to possibility with the new ideas that are coming from the clearly unscientific area of quantum physics! (Using their own definitions, of course.)

We live in a time of widening possibility; a time of a magical renewal of the fullest of human potential. We are beginning to see the universe as an organic whole that encompasses many different ways of being, a multi-leveled existence. If the universe itself is viewed as an organism, and integrally linked to all other lesser organisms, this single realization or thought can dramatically alter the way we, as sentient parts of that organic whole behave. This is certainly the force that is fueling the ecological movement, all humanitarian actions and socio-political movements that seek to create unity & coherent interaction between member states; even scientific breakthroughs that serve to improve the human condition for all members of the earth. We are beginning to think of ourselves & the universe in which we reside as one holistic reality which survives, thrives or expires in entirety.



Picture of Cancer from www.astrologyweekly.com

Part of this growing awareness, this wider perception of reality, of life, of ourselves, relates directly to how we

can use the tool of astrology. We want to begin to look at the mandala in a holistic way. Of course, when doing a chart interpretation, a good astrologer already does this to an extent. The sum is, often, greater than the parts that added up to it. A good astrologer has to make intuitive leaps & judgments. The great debate over astrology is as a result of the fact that “Magic” is involved in chart understanding & delineation; that same “Magic” that the Age of Reason so effectively shut down. It is only because we attempt to shove astrological detective work into the scientific model that the debate arises. This is not to say that astrologers should throw out their Mercury (reasoning) function & rely completely on a Uranian or Neptunian modality (intuition & inspiration) to do chart work. That would also be counterproductive to the spirit of holism. Now is the time to call a truce between the two opposing factions, the right side of the human brain and the left side of it. The intuitive process works best when well supported by a clear logical thinking process. An incisive mind can really soar to great heights when fueled by intuitive understanding. And really, the greatest of human achievements have always been made using both of these functions. (Einstein ‘dreamed’ his theory of relativity during an afternoon nap!)

So, for the modern astrologer, it is imperative to look at any energy system, as represented by the horoscope (birth mandala) in a whole way. This opens up multi-leveled doors of opportunity for the person in question. Once a possibility is explored, it has much more likelihood of taking form through the interaction of the ego with the energy available to it! Any horoscope encompasses all 360* of the Wheel of Life—the Zodiac and at any given moment in time, there is interaction of energy somewhere within this wheel, as representative of the psyche. Here is a very simple illustration. Maybe you were born when the Sun was in the Zodiac sign of Cancer, (its current location, by the way). That simply means that your birthday falls somewhere between June 21 and July 23. Cancer is linked to two other signs of the Zodiac by element and three other signs by modality. Suddenly, whole new possibilities are opened! A person with Sun in Cancer can also feel energetic activation through her connection to the 2 other energies linked to Cancer by element, Scorpio & Pisces, and the 3 other energies linked to Cancer by modality, Aries, Libra & Capricorn. Possibly, she may not have any actual planetary archetypes in any of these areas of the Zodiac but she will, nevertheless, still feel something since energy is like a wave, not something rigid and fixed. This example is merely one way that energy could be experienced. However, each and every one of the 360* of the horoscope is in relationship with the whole wheel of degrees, in every moment of consciousness. How could it be any other way? We are whole beings within

ourselves and part of a whole system of being that holds us all. Everything connects with everything. The poet, John Donne, expressed this idea in the following words;

“No man is an island...”

How right he was and on a much more profound level than we may have understood when we first read those words!

How exciting this concept is! We are so much more than what we ever thought we were! We are not limited! We truly are infinite possibility! We may have shut the door on the magic of the metaphysical as The Age of Reason took hold, but, we have now found our way back to that door through the discoveries made about the nature of reality, existence and energy through the very tools of the Age of Reason that once shut that magical door.

To explore your own possibility and potential using the Astrological Method and especially with a focus on this new way to look at the birth mandala, contact me @ christinaraiw@gmail.com. Together we will step through those magical doors of perception and discover a whole new you!

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LIVING HEALTH

USING THE ENERGY OF VINEGAR

(Adapted from two emails from friends!)

About 10,000 years ago, ancient people discovered a product that would change lives forever. Wine had been around for a while, but after some was allowed to oxidize, vinegar was born. It became an immediate hit. The Babylonians used vinegar as a preservative, as did Ancient Greeks and Romans. Some peoples, including the Chinese, believed that vinegar was a tonic that would give them strength and vitality, as well as bestow healing properties. Legend has it that Hannibal only succeeded in crossing the Alps because his armies heated mountain boulders and doused them with vinegar, causing the rocks to crumble and clear the path.

Vinegar's magic ingredient is acetic acid, which comprises about 5 percent of the finished product. Vinegar has been produced commercially for about 2,500 years, making it one of the oldest products in use by humans. There are many different types of vinegar out there, all produced by the oxidization of alcohol into acetic acid, but white vinegar is the most useful and the most versatile by far.

White vinegar has dozens of household applications, and the best part is that it's green. It's enjoying a newfound popularity as many people try to avoid toxic or harsh cleaning chemicals around their pets and children, as well as save money by making their own cleansers. Not to mention that vinegar is cheap, it's versatile, and it doesn't irritate allergies like some fragranced cleansers. Chances are, whenever you run into a household funk, vinegar is your answer.

Kitchen Remedies: Besides adding zest to salad dressings, white vinegar is handy for many cooking tasks.

1. Adding a few tablespoons of white vinegar to the water when poaching eggs helps the whites stay formed. Add a few tablespoons to the water when boiling eggs, and if any shells crack, the whites won't leak out.
2. If your leafy veggies are wilted, soaking them in cold water with a little vinegar can perk them right up.
3. After chopping an onion, you can eliminate the odor from your hands by rubbing them with a bit of white vinegar.
4. When cooking any vegetables from the cabbage family (like broccoli or cauliflower), adding a little vinegar to the water will perk up the taste and reduce the gassiness they can induce. This also works when cooking beans, making Mexican food a far more attractive option.

Cleaning House: Vinegar can help with a variety of cleaning tasks, since the acid acts as a disinfectant and an odor neutralizer.

5. Clean and deodorize the garbage disposal by mixing equal parts vinegar and baking soda and putting it down the drain. After letting this fizzing mixture sit for a few minutes, flush out the drain with warm water for a clean and stink-free sink.

6. The steam from a boiling a bowl of vinegar and water can loosen caked-on food and get rid of odors in the microwave, too.

7. One of my favorite vinegar remedies and my personal weapon against fruit flies is to set out a small dish of white vinegar and some smashed fruit, covered with plastic wrap with some holes in it—the flies crawl into the trap, but can't get out.

8. If your stemware is cloudy from the dishwasher, wrap the glasses in paper towels soaked in vinegar, let them sit, and the cloudy deposits will rinse right off.

9. There's no need to use bleach on tile grouting when you can let vinegar soak on it and then scrub with a toothbrush.

10. Bring lightly scuffed or dirty DVDs back to life by wiping them down with some vinegar on a soft cloth.

11. If you have water condensation marks on your wood, just rub the piece of furniture with equal parts vinegar and vegetable oil to remove them. Make sure to rub with the grain, and then invest in a set of coasters.

Cleaning Clothes: Vinegar works magic on upholstery and fabric, too.

12. If a child has an "accident" on a mattress, clean it with a solution of vinegar and water. Afterwards, pour some baking soda onto the mattress, and brush or vacuum the residue once it's dry.

13. Spraying vinegar onto deodorant-stained shirts before the wash can remove the discoloration. It's also great for fighting mustard, tomato sauce, or ketchup stains.

14. Adding a cupful of vinegar to the rinse cycle of your washing machine can freshen up bright colors and give you cleaner laundry. Acetic acid won't harm fabrics, but it dissolves the soap residue that can dull dark clothing. It also acts as a fabric softener, a static reducer, and a mildew-inhibitor.

15. Vinegar will also loosen chewing gum stuck to car upholstery, rugs, and carpeting.

Outdoor Solutions: Tough enough even for the outdoors, vinegar can function as a car cleaner and an organic pest remover.

LETTING GO OF ATTACHMENT, FROM A TO ZEN

By Lori Deschene



16. If your car still sports a bumper sticker from two elections ago, remove it by spraying the decal with white vinegar to saturate the area, and the sticker will peel off in a few hours. (You might need to spray it a few times.)

17. Wiping down your car windows and windshield with a three-to-one vinegar-water mixture can keep them frost-free in the wintertime.

18. Kill weeds and crabgrass growing in sidewalks and driveways by pouring vinegar onto them. A half-and-half solution of vinegar and water can even kill garden slugs if it's sprayed directly onto them.

19. To extend the life of cut flowers, add a few tablespoons of vinegar to the water in their vase, along with a teaspoon of sugar.

Pet Protection: There's no need to use chemicals near pets when vinegar can handle most cleaning and bathing tasks.

20. Wipe out itchy ears with undiluted vinegar to keep dogs and cats from scratching at them.

21. Cats avoid vinegar, so to keep them from scratching furniture or sitting on certain areas, spray a vinegar solution onto the spot.

22. For outdoor areas, soak a sponge in vinegar and place it in the forbidden area to keep cats away. If kitty likes to mark his territory, spraying the area with vinegar can help eliminate the smell and deter recurrences.

23. Vinegar also gets rid of skunk odor. Soak the animal with a half-and-half vinegar and water solution, and then rinse with fresh water.

Editor's note: I tested these tips, except for #23 because my dogs have not been sprayed by a skunk. I found that the vinegar solution does not kill or even slow down the grass that grows between the cracks on the sidewalk. I also found that vinegar on deodorant stains lighten with one wash. However, it takes several washes for the stain to disappear!

Breathe, and let go.

"Most of our troubles are due to our passionate desire for and attachment to things that we misapprehend as enduring entities." ~**Dalai Lama**

If there's one thing we all have in common it's that we want to feel happy; and on the other side of that coin, we want to avoid hurting. Yet we consistently put ourselves in situations that set us up for pain.

We pin our happiness to people, circumstances, and things and hold onto them for dear life. We stress about the possibility of losing them when something seems amiss. Then we melt into grief when something changes—a lay off, a break up, a transfer.

We attach to feelings as if they define us, and ironically, not just positive ones. If you've wallowed in regret or disappointment for years, it can seem safe and even comforting to suffer.

In trying to hold on to what's familiar, we limit our ability to experience joy in the present. A moment can't possibly radiate fully when you're suffocating it in fear. When you stop trying to grasp, own, and control the world around you, you give it the freedom to fulfill you

without the power to destroy you. That's why letting go is so important: letting go is letting happiness in. It's no simple undertaking to let go of attachment—not a one-time decision, like pulling off a band-aid. Instead, it's a day-to-day, moment-to-moment commitment that involves changing the way you experience and interact with everything you instinctively want to grasp. The best approach is to start simple, at the beginning, and work your way to Zen.

Experiencing Without Attachment

Accept the moment for what it is. Don't try to turn it into yesterday; that moment's gone. Don't plot about how you can make the moment last forever. Just seep into the moment and enjoy it because it will eventually pass. Nothing is permanent. Fighting that reality will only cause you pain.

Believe now is enough. It's true—tomorrow may not look the same as today, no matter how much you try to control it. A relationship might end. You might have to move. You'll deal with those moments when they come. All you need right now is to appreciate and enjoy what you have. It's enough.

Call yourself out. Learn what it looks like to grasp at people, things, or circumstances so you can redirect your thoughts when they veer toward attachment. When you dwell on keeping, controlling, manipulating, or losing something instead of simply experiencing it.

Define yourself in fluid terms. We are all constantly evolving and growing. Define yourself in terms that can withstand change. Defining yourself by possessions, roles, and relationships breeds attachment because loss entails losing not just what you *have*, but also who you *are*.

Enjoy now fully. No matter how much time you have in an experience or with someone you love, it will never feel like enough. So don't think about it in terms of quantity—aim for quality, instead. Attach to the idea of living well moment-to-moment. That's an attachment that can do you no harm.

Letting Go of Attachment to People

Friend yourself. It will be harder to let people go when necessary if you depend on them for your sense of worth. Believe you're worthy whether someone else tells you or not. This way, you relate to *people*—not just how they make you feel about yourself.

Go it alone sometimes. Take time to foster your own interests, ones that nothing and no one can take away.

Don't let them hinge on anyone or anything other than your values and passion.

Hold lightly. This one isn't just about releasing attachments—it's also about maintaining healthy relationships. Contrary to romantic notions, you are not someone's other half. You're separate and whole. You can still hold someone close to your heart; just remember, if you squeeze too tightly, you'll *both* be suffocated.

Interact with lots of people. If you limit yourself to one or two relationships they will seem like your lifelines. Everyone needs people, and there are billions on the planet. Stay open to new connections. Accept the possibility your future involves a lot of love whether you cling to a select few people or not

Justify less. *I can't let him go—I'll be miserable without him. I'd die if I lost her—she's all that I have.*

These thoughts reinforce beliefs that are not fact, even if they feel like it. The only way to let go and feel less pain is to believe you're strong enough to carry on if and when things change.

Letting Go of Attachment to the Past

Know you can't change the past. Even if you think about it over and over again! Even if you punish yourself! Even if you refuse to accept it! It's done. The only way to relieve your pain about what happened is to give yourself relief. No one and nothing else can create peace in your head for you.

Love instead of fearing. When you hold onto the past, it often has to do with fear: fear you messed up your chance at happiness, or fear you'll never know such happiness again. Focus on what you love and you'll create happiness instead of worrying about it.

Make now count. Instead of thinking of what you did or didn't do, the type of person you were or weren't, do something worthwhile now. *Be* someone worthwhile now. Take a class. Join a group. Help someone who needs it. Make today so full and meaningful there's no room to dwell on yesterday.

Narrate calmly. How we experience the world is largely a result of how we internalize it. Instead of telling yourself dramatic stories about the past—how hurt you were or how hard it was—challenge your emotions and focus on lessons learned. That's all you really need from yesterday.

Open your mind. We often cling to things, situations or people because we're comfortable with them. We know

how they'll make us feel, whether it's happy or safe. Consider that new things, situations and people may affect you the same. The only way to find out is to let go of what's come and gone.

Letting Go of Attachment to Outcomes

Practice letting things be. That doesn't mean you can't actively work to create a different tomorrow. It just means you make peace with the moment as it is, without worrying that something's wrong with you or your life, and then operate from a place of acceptance.

Question your attachment. If you're attached to a specific outcome—a dream job, the perfect relationship—you may be indulging an illusion about some day when everything will be lined up for happiness. No moment will ever be worthier of your joy than now because that's all there ever is.

Release the need to know. Life entails uncertainty, no matter how strong your intention. Obsessing about tomorrow wastes your life because there will always be a tomorrow on the horizon. There are no guarantees about how it will play out. Just know it hinges on how well you live today.

Serve your purpose now. You don't need to have x-amount of money in the bank to live a meaningful life right now. Figure out what matters to you, and fill pockets of time indulging it. Audition for community theatre. Volunteer with animals. Whatever you love, do it. Don't wait—do it now.

Teach others. It's human nature to hope for things in the future. Even the most enlightened people fall into the habit from time to time. Remind yourself to stay open to possibilities by sharing the idea with other people. Blog about it! Talk about it! Tweet about it! Opening up helps keep you open.

Letting Go of Attachment to Feelings

Understand that pain is unavoidable. No matter how well you do everything on this list, or on your own short list for peace, you will lose things that matter and feel some level of pain. But it doesn't have to be as bad as you think. As the saying goes, pain is inevitable, suffering is optional.

Vocalize your feelings. Feel them, acknowledge them, express them, and then let them naturally transform. Even if you want to dwell in anger, sadness or frustration—*especially* if you feel like dwelling—save yourself the pain and commit to working through them.

Write it down. Then toss it out. You won't always have the opportunity to express your feelings to the people who inspired them. That doesn't mean you need to swallow them. Write in a journal. Write a letter and burn it. Anything that helps you let go.

Xie Xie. It means *thank you* in Chinese. Fully embrace your happy moments—love with abandon; be so passionate it's contagious. If a darker moment follows, remember: it will teach you something, and soon enough you'll be in another happy moment to appreciate. Everything is cyclical.

Yield to peace. The ultimate desire is to feel happy and peaceful. Even if you think you want to stay angry, what you really want is to be at peace with what happened or will happen. It takes a conscious choice. Make it.

Zen your now. Experience, appreciate, enjoy, and let go to welcome another experience.

It won't always be easy. Sometimes you'll feel compelled to attach yourself physically and mentally to people and ideas—as if it gives you some sense of control or security. You may even strongly believe you'll be happy if you struggle to hold onto what you have. That's OK. It's human nature.

Just know you have the power to choose from moment to moment how you experience things you enjoy: with a sense of ownership, anxiety, and fear, or with a sense of freedom, peace and love.

The most important question: what do you choose right now?

© 2010 by Lori Deschene - Read more from Lori at [Tiny Buddha](#), a blog providing simple wisdom for complex lives. Subscribe to Tiny Buddha's feed or follow Tiny Buddha on Twitter for daily quotes.



Remember that full strength apple cider vinegar takes the sting out of those pesky mosquito bites!

FROM JUDY'S KITCHEN

All beings may take their nourishment from plants. Therefore, many plants are considered to be healing plants, including the grains – rice, barley, kamut, splot, and soy.

These recipes are healing foods. Try them and see what you think!

- Judy

ENERGY TONIC SOUP (CONGEE)

Congee is easy to make in a crock pot. Put up the soup before going to bed and awaken to this satisfying porridge. (Or, put it up before going to work and the soup will be ready when you come home.) Serves 2

½ cup rice (or barley)
4 cups water or stock
1 2-inch piece kombu seaweed
1 bay leaf
1 teaspoon minced ginger
½ teaspoon sea salt
¼ teaspoon cumin
1 chicken thigh with bone, skin removed and any excess fat removed
2 scallions, chopped
salt to taste

dash of cayenne pepper (cleansing spice to improve circulation)

Place all the ingredients in a 3-quart soup pot. Bring to a boil, lower the heat to very slow simmer and cook for at least 3 hours or up to 8 hours. (Or, place in a crock pot and cook on low for about 8 hours.) Add additional water if necessary. Remove chicken bone. Season to taste and garnish with scallions.

- Variation: Add any of your favourite vegetables for additional flavour such as mushrooms, onion, carrot, celery.



BLACK BEANS AND AVOCADO SALAD

Avocado, olive oil, pistachios, walnuts almonds, black beans, onions help lower blood pressure and cholesterol level.

3 tbsp olive oil 1 cup cooked black beans

2 carrots sliced 1 onion sliced

½ avocado sliced 1/3 cup pistachios, or
walnuts, almonds (your choice)

1 teaspoon of cleansing herb (See list of cleansing herbs after the directions)

Directions:

Saute onions with carrots in olive oil for 10 minutes, add black beans and saute for about 2 minutes more. In a big bowl combine all ingredients and serve (warm or cold).

CLEANSING HERBS

Red clover – blood cleanser

Garlic - blood cleanser, natural antibiotic

Echinacea – lymph cleanser, antimicrobial

Dandelion root – liver and blood cleanser, diuretic, filters toxins

Yellow dock root - skin, blood and liver cleanser

Burdock root – skin and blood cleanser, diuretic, antibacterial

Milk thistle – liver cleanser

Parsley leaf – diuretic, flushes kidneys, breath freshener

Cilantro - helps in the chelation of heavy metals such as mercury and lead

Peppermint - skin cleanser

Licorice – colon cleanser

Flax seeds - colon cleanser

Oregano – liver and gallbladder cleanser

Rosemary - colon cleanser - may help reduce levels of the carcinogenic heterocyclic amines

(List of herbs from Irina Wardas HHC, Natural Counsellor Blog)



SPIRIT ANIMAL – WHALE AS GUARDIAN

By Judy Hirst



THE WHALE AND THE DIVER! THIS BEAUTIFUL PICTURE COMES FROM AN EMAIL FROM A FRIEND IN HAWAII.

I have been reading about the Sirians (from the planet, Sirius) and their various flights to Earth. One of the common themes is that the Sirians are water loving, and that they, perhaps, brought whales to planet Earth, to monitor the oceans and to keep an eye on the land.

In the picture above, Whale definitely seems to put forward a fin of friendship, even after all the thousands of years of whaling, and using whale for everything from food to aphrodisiacs. Why has the whale never turned on man? Well, perhaps one or two have, yet the species as a whole, has not.

What if Whale really did come from another place? What if Whale is far more intelligent than humans give her credit for? What if her sonar sounds can be picked up by a space ship? What kind of reports is she sending home? Why do the whales tolerate us?

Our Ancestors lived in a world where everything had meaning – had a spirit. Many ancestors believed that Whale was a God. Perhaps that idea is not so farfetched because Gods generally come from the sky. And, maybe whales did descend.

What purpose do they serve? I think that they are Guardians of the oceans. I believe they are meant to stop man from destroying the bottom of the ocean with

digging, and mining. I believe that they are constantly cleaning the ocean water as best they can.

What do you think?

Judy is a Non-traditional Shaman. She works with Great Spirit, the Angels and the Ancestors, and the Goddesses and Gods. She writes, teaches workshops, coaches, and assists clients help themselves on healing their body. See her blog at angelsandancestors.blogspot.com. Want a session with Judy? Call her at 403-225.2016.

BEATING THE MIDDAY SLUMP

Adapted from an article called "6 Easy Ways to Stay Alert During the Workday (Without Sugar or Caffeine!)" by Linda Villarosa.

While many of us reach for caffeine and sugar to combat our mid afternoon sluggishness, here are some better strategies as suggested by Linda Villarosa. The best suggestion, for me is the idea of eating small, nutritious meals.

Get a good night's sleep. "In our fast-paced society, most of us don't get enough rest," says Smolensky. "The combination of the body clock's biological tendency and cheating on sleep causes an increased loss of alertness in the afternoon." Though making time in our activity-crammed lives is difficult, he strongly recommends getting eight hours as often as you can.

Eat small, nutritious meals that can help combat fatigue, especially in the late afternoon. "Over and over, when I ask people who are tired in the afternoon if they ate breakfast in the morning, nine out of ten say no," says Elizabeth Somer, a registered dietician and author of *Food & Mood: The Complete Guide to Eating Well and Feeling Your Best* (Owl Books). She advises against carbo-loading at lunch; instead, mix protein-rich foods with carbohydrates to maximize energy. "A small turkey sandwich on whole wheat bread, a cup of low-fat yogurt, and fruit is more energizing than a plate of spaghetti," Somer says.

Get off the sugar-caffeine roller coaster. These two energy aids will give you a temporary boost, generally followed by a crash. "We have to learn to value our steady-state energy and productivity above the impulse to drink coffee or eat a Snickers bar," says Oz Garcia, author of *The Balance: Your Personal Prescription for*

I HAVE LEARNED SO MUCH

By the poet, Hafiz

I
Have
Learned
So much from God
That I can no longer
Call
Myself

A Christian, a Hindu, a Muslim,
A Buddhist, a Jew.

The Truth has shared so much of Itself
With me

That I can no longer call myself
A man, a woman, an angel,
Or even pure
Soul.

Love has
Befriended Hafiz so completely
It has turned to ash
And freed
Me

Of every concept and image
My mind has ever known.

*From, "The Gift" by Daniel Ladinsky - a translation of
the poems of Hafiz. Copyright 1999 by Daniel Ladinsky
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www.poetseers.org.*

Supermetabolism, Renewed Vitality, Maximum Health, Instant Rejuvenation (Regan Books). He suggests "carbohydrate-modified snacking" on such foods as rye crackers with cheese or on protein sources like a hard-boiled egg, an energy bar, or a can of tuna.

Take a brisk walk outside after lunch. Exercise is energizing. And, Smolensky adds, "Exposure to natural light helps increase alertness."

Synchronize your tasks with your energy levels. Save demanding projects and difficult discussions for the times when your energy is high—generally not in the afternoon. "If possible, try something stimulating and interesting but not ultra-demanding in the afternoon," says Thomas Lauda, Ph.D., an L.A. management coach who is writing a book about achieving and maintaining peak levels of energy at work.

Interact with people who boost your energy when your level starts to fall. "Schedule afternoon meetings with people who lift your spirits," says Lauda, "or call a true friend to talk for a few minutes."



(Original picture from Observando.tumblr.com)

Thank you, God, for showing me this picture!

Tips & Tricks for Small Businesses

Helping Practitioners and Small Business Owners *Navigate The Business World!*

MOVING YOUR BUSINESS OUT OF THE HOUSE

By Eve Tahmincioglu

Christine White's home-based business had a problem. A good problem, you could say, but a problem nonetheless.

The owner of Scandle LLC was making a few thousand natural candles in a spare room of her house using wax-melting equipment as big as a refrigerator--but she still couldn't keep up with demand. And her home was being overrun by candles and packaging. So she came to the realization that her business had become too big for home sweet home.

"I had to move out because I couldn't get the products out to my customers fast enough with such a small setup," says White, whose firm is based in Corinth, Texas. "I had to start palletizing candles because I couldn't just send out boxes anymore. And shipping companies were charging me more because I was in a residential area."



Picture of a house from www.psc.state.fl.us

But simply knowing you should move your business out of the house is not enough. It's all about timing, as picking the right moment to move the assembly line out of the pad and into a plant is one of the most pivotal

decisions entrepreneurs face. The wrong choice can make or break a business because opening a factory, however small, can bring with it unforeseen expenses and lots of headaches, says Julie Lenzer Kirk, adjunct professor in innovation and technology entrepreneurship at the University of Maryland, Baltimore County, and CEO of consulting firm Path Forward International.

Indeed, White delayed her move as long as she could. "Going from home-based to renting space and buying larger equipment is really scary," she says. But having her company go from producing a few thousand products monthly with annual sales of \$50,000 to producing 10,000 candles every month with projections of \$200,000 in revenues this year was worth it.

How'd she do it?

- She first tested the waters by using a Texas contract manufacturer to produce her products, but found she wasn't happy with the quality. And other contractors she priced were just too costly for her fairly thin profit margins.
- Since the real estate market was hurting, she decided to open her own factory and got a reasonable deal on rent for a 2,000-square-foot facility just a five-minute drive from her home.
- Before she signed a rental agreement, she used a spreadsheet to crunch the numbers in order to figure out how much she could afford in overhead, keeping in mind she'd had no real company overhead at home.
- And she used eBay and Craigslist to get low-cost used equipment to make her products, and hired three workers and one intern to help her.

The factory was up and running in March and she pays about \$1,000 a month for rent, electricity and internet service. She hit a couple of unforeseen issues, including a leaky roof. She also had to install air-conditioning throughout the space because the candles were not setting up properly during the hot months. "It's definitely been an adventure," she notes.

Kirk offers some challenges to keep in mind, if you're considering this kind of expansion:

- Realize that scaling up from small-batch production to mass production isn't always just a multiplier situation. Most products need to be re-engineered for larger batch sizes and quantities.

- Bear in mind industrial-grade equipment is not the same as what you would find in your home. It is often more complex and has different operating parameters, which can result in a different output.
- Investigate the licensing rules in your area.
- Make sure you have the appropriate quality-control procedures in place.
- Find out if you're required to have more insurance coverage.

Paul Pruett, CEO of The Praim Group, a food consulting company, says some common errors he sees include underestimating lead time when ordering equipment or equipment installations, and improperly ordering and storing ingredients.

If it all sounds too complex, you should consider reaching out for support.

Elyissia Ayn Wassung, owner of 2 Chicks With Chocolate Inc., sought help when she decided to go from cooking up chocolate treats in a Crock-Pot out of her kitchen to producing the treats in a 2,000-square-foot plant in South River, New Jersey.

She read many books that helped motivate her, including "A Good Hard Kick in the Ass: Basic Training for Entrepreneurs" by Rob Adams. And she joined an online entrepreneurial consulting forum called CEO Space, where she is able to take classes on everything from operations to marketing and has a group of advisors to tap into.

"With more space and more equipment, we have been able to streamline operations and increase productivity," she says, adding that the company is expected to bring in \$250,000 this year.

Known online as careerdiva.net, Eve Tahmincioglu is the author of "From The Sandbox To The Corner Office," an in-depth look at top U.S. CEOs and the lessons they learned on how to succeed in business, as well as she is a career columnist for msnbc.com. Used under the Creative Commons licensing.

SPIRIT ANIMAL – RABBIT SAYS “HOP TO IT!”

By Judy Hirst

Picture from liberalbaptistrev.wordpress.com



I was driving home from the grocery store, traveling down Deer Ridge Drive, when a big rabbit hopped across the road, slowly, and stopped and looked at me.

I said, “What the heck?”

Rabbit paused on the curb, and then hopped up onto a lawn and turned and looked at me.

What I heard was - “Hop to it!” And then I heard something like, “Feed us!”

I almost hit an oncoming car because I was trying to watch rabbit in my rear view mirror. I was a bit confused about what was going on. I reviewed what I had been doing. I just finished getting tomato plants and then grocery shopping. This seemed important. I put my thoughts on hold so I could drive with awareness.

As I carried in my groceries, I wondered about the phrase “feed us”. I let go of my conscious mind/ego, and let my thoughts drift until I found Rabbit. Here is the conversation.

“You did get my message. I broadcast it so often and most humans do not hear it. Humans are so odd! They hurry around like we rabbits do, and do not seem to have time to talk, to hear, to learn. We rabbits hop with purpose – to find food, to find shelter and safety from Hawk and Coyote, and all the dogs and cats around. We hop to mate, to play, to honour the One That Feeds Us (Earth).

Rabbits fend for ourselves. We watch you, and you humans do not seem to know how to care for your selves. We have favourite patches of grass or shoots, or small trees that we love to eat. You do not. Why is it that you do not have patches of earth by your lairs to grow food in? (She means gardens.) Why do you carry

stuff that smells like food in funny skins? (She means bags.)

When you eat the same foods as us, and throw out what you do not eat, you feed us, and the other birds and animals. When you eat funny foods that are not real, you cannot feed us. We need you to feed us with what you have left over because this is the circle of food and of life. With the funny foods and not water, (Not water is what Rabbit calls soft drinks and juice.) you humans put a funny feel (vibration) in the ground. This funny feel affects the land and the greater mind (Oneness). We cannot talk to you like we used to do.

We tell you to go out and walk on the land, to plant gardens, to feel the changes that are coming. We say, "dance in the moonlight like rabbit does", and you will feel whole.

Judy is a Non-traditional Shaman. She works with Great Spirit, the Angels and the Ancestors, and the Goddesses and Gods. She writes, teaches workshops, coaches, and assists clients help themselves on healing their body. See her blog at angelsandancestors.blogspot.com. Want a session with Judy? Call her at 403-225.2016.

JOKE OF THE MONTH

God and St. Francis talk about lawns....

GOD: Frank, you know all about gardens and nature. What in the world is going on down there in the Midwest? What happened to the dandelions, violets, thistle and stuff I started eons ago? I had a perfect, no-maintenance garden plan. Those plants grow in any type of soil, withstand drought and multiply with abandon. The nectar from the long lasting blossoms attracts butterflies, honey bees and flocks of songbirds. I expected to see a vast garden of colors by now. But all I see are these green rectangles.

ST. FRANCIS: It's the tribes that settled there, Lord. The Suburbanites. They started calling your flowers "weeds" and went to great lengths to kill them and replace them with grass.

GOD: Grass? But it's so boring. It's not colorful. It doesn't attract butterflies, birds and bees, only grubs and sod worms. It's temperamental with temperatures. Do these Suburbanites really want all that grass growing there?

ST. FRANCIS: Apparently so, Lord. They go to great pains to grow it and keep it green. They begin each spring by fertilizing grass and poisoning any other plant that crops up in the lawn.

God: The spring rains and warm weather probably make grass grow really fast. That must make the Suburbanites happy.

St. Francis: Apparently not, Lord. As soon as it grows a little, they cut it -- sometimes twice a week.

God: They cut it? Do they then bale it like hay?

St. Francis: Not exactly, Lord. Most of them rake it up and put it in bags.

God: They bag it? Why? Is it a cash crop? Do they sell it?

St. Francis: No Sir. Just the opposite. They pay to throw it away.

God: Now let me get this straight. They fertilize grass so it will grow. And when it does grow, they cut it off and pay to throw it away?

St. Francis: Yes, Sir.

God: These Suburbanites must be relieved in the summer when we cut back on the rain and turn up the heat. That surely slows the growth and saves them a lot of work.

St. Francis: You aren't going to believe this Lord. When the grass stops growing so fast, they drag out hoses and pay more money to water it so they can continue to mow it and pay to get rid of it.

God: What nonsense. At least they kept some of the trees. That was a sheer stroke of genius, if I do say so myself. The trees grow leaves in the spring to provide beauty and shade in the summer. In the autumn they fall to the ground and form a natural blanket to keep moisture in the soil and protect the trees and bushes. Plus, as they rot, the leaves form compost to enhance the soil. It's a natural circle of life.

St. Francis: You better sit down, Lord. The Suburbanites have drawn a new circle. As soon as the leaves fall, they rake them into great piles and pay to have them hauled away.

God: No. What do they do to protect the shrub and tree roots in the winter and to keep the soil moist and loose?

St. Francis: After throwing away the leaves, they go out and buy something which they call mulch. They haul it home and spread it around in place of the leaves.

God: And where do they get this mulch?

St. Francis: They cut down trees and grind them up to make the mulch.

God: Enough. I don't want to think about this anymore. St. Catherine, you're in charge of the arts. What movie have they scheduled for us tonight?

St. Catherine: "Dumb and Dumber", Lord. It's a really stupid movie about.....

God: Never mind, I think I just heard the whole story from St. Francis.

CLASSIFIEDS

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!

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. To make an appointment, email christinaraiw@gmail.com or call 204-990-4970.

Books

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 Call Roger Joyeux to order direct at 403-225-2016.

Events

Sept 11, 2010 - Kimmapii Kids Music Festival Fundraiser at Noon to 6PM in Redwood Meadows, AB Come and join us in a day filled with music, shopping for Peruvian handicrafts, and kid's activities to raise funds. The raised

funds are used to purchase school supplies and are given to rural Peruvian kids so they can go to school for another year! Check out: <http://www.kimmapiikids.org/> Ad sponsored by Samantha Hussey, CHT, Reiki Master www.walkinbeauty.ca Phone: 403 - 668 - 9361

September 24-27, 2010 - Questers Canada Fall Conference at the Prestige Harbourfront Resort and Conference Center in Salmon Arm, BC. See www.questers.ca for more details.

Healing

Are your business sales low? Are your relationships turbulent? Are you simply tired and unhappy? Do you hate your job? Call Angels And Ancestors. Judith, a non-traditional shaman, who combines BodyTalk, EFT, Quantum Touch, Mindscape, Dream Reading, Intuitive Healing and Interpretation, Sound, Crystals, Karma Clearing and Tarot or Angel Cards will help you to shift your life, so you feel better. Distance treatments offered. Appointments only 10:30am – 9:00pm Tues – Wed and 10:30am- 3:30pm Sat www.angelsandancestors.com 403-225-2016

Music

Calgary Folk Festival July 22 – 25, 2010 at Prince's Island Park. This year's line up includes: Karla Anderson, Annie Lou, Asani, Natacha Atlas, The Avett Brothers, Axis of Conversation, Baskery, Bette & Wallet, Greg Brown, The Burning Hell, Roberta Flack, Thea Gilmore, Ian Tyson, Ukraina, United Steelworkers of Montreal. Four day passes: Adult (seniors 65+ free) \$135 (May 13 – June 21) \$165 (June 22 – July 20) Single day passes: Thursday \$47 (May 13 – June 21) \$47 (June 22 – July 20) \$50 (Gate) Friday \$53 (May 13 – June 21) \$53 (June 22 – July 20) \$57 (Gate) Saturday \$57 (May 13 – June 21) \$57 (June 22 – July 20) \$62 (Gate) Sunday \$57 (May 13 – June 21) \$57 (June 22 – July 20) \$62 (Gate)

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

Workshops...

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!

THE LAST WORD

“ Therein lies the best career advice I could possibly dispense: just DO things. Chase after the things that interest you and make you happy. Stop acting like you have a set path, because you don’t. No one does. You shouldn’t be trying to check off the boxes of life; they aren’t real and they were created by other people, not you. There is no explicit path I’m following, and I’m not walking in anyone else’s footsteps. I’m making it up as I go.”

— Charlie Hoehn

“ A dream you dream alone may be a dream, but a dream two people dream together is a reality.”

— John Lennon

“ Nothing is original. Steal from anywhere that resonates with inspiration or fuels your imagination ... Select only things to steal from that speak directly to your soul. If you do this, your work (and theft) will be authentic. Authenticity is invaluable; originality is non-existent. And don’t bother concealing your thievery—celebrate it if you feel like it. In any case, always remember what Jean-Luc Godard said: “It’s not where you take things from — it’s where you take them to.””

— Jim Jarmusch

“ When I was 17, I read a quote that went something like: ‘If you live each day as if it was your last, someday you’ll most certainly be right.’ It made an impression on me, and since then, for the past 33 years, I have looked in the mirror every morning and asked myself: ‘If today were the last day of my life, would I want to do what I am about to do today?’ And whenever the answer has been ‘No’ for too many days in a row, I know I need to change something.”

— Steve Jobs



I’m helping, okay?

(picture from mcself.wordpress.com)



Advertising in Angels And Ancestors Magazine –

Classified – limit 40 words including dates and times, \$5.00 per issue. Additional words are \$.15 each. Business Card Ads are \$10.00 per issue. Deadline for advertising submissions is the 21st of each month. Payment to be made at the time of booking. We accept cash, Visa, MasterCard or in person for a Debit payment.



CALGARY AUTHORS at the CALGARY WEEKEND MARKET

**Glamorgan Community Centre, 4207 - 41 Ave SW Sunday, July 4th, 9am to 5pm
Come to our Book Signing at the Calgary Weekend Market in the Glamorgan Community Centre and visit all of the other booths on display as well. See calgarymarket.net**

WRITER'S GUILD OF ALBERTA... GRANT INFO SESSION - LITERARY ARTS PROJECTS

**Music Room, Cantos Music Foundation, 134 11th Avenue SE Monday, July 5, 2010, 6:30 to 9:00 pm
Emerging and established writers of fiction, literary non-fiction, poetry, plays and screenplays are invited to an information session to learn more about the AFAs Literary Arts Project Grant Stream of the Individual Artists Project Grant Program.**

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