



ANGELS AND ANCESTORS MAGAZINE

SHARING THE NATURAL WISDOM OF THE EARTH AND ITS INHABITANTS

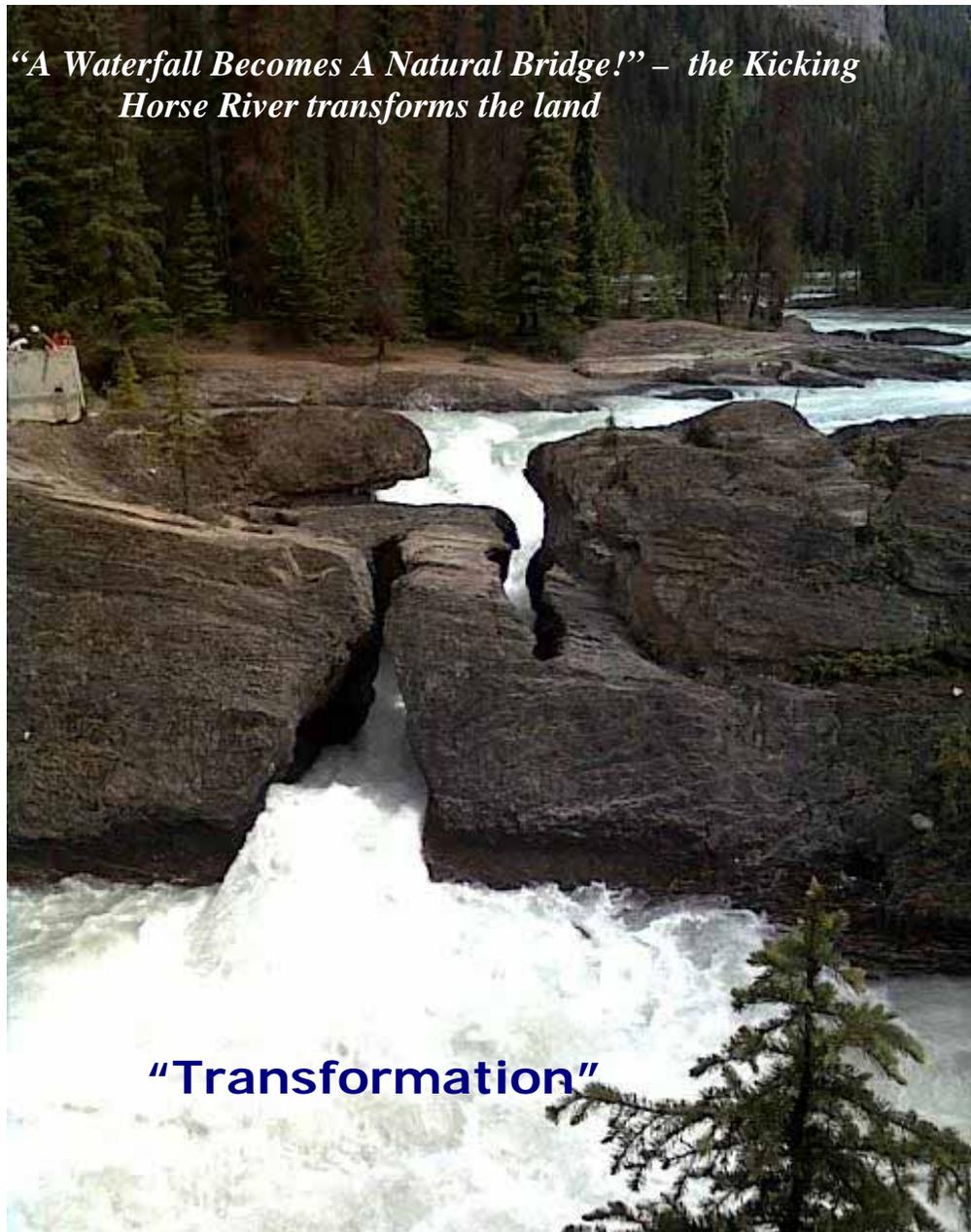
*“A Waterfall Becomes A Natural Bridge!” – the Kicking
Horse River transforms the land*

In This Issue:

*Breatharians in Our
Midst p. 5*

*Transforming Sex
Into Love p. 8*

*10 Effective Ways to
Relieve Seasonal
Allergies p. 15*



“Transformation”

AUGUST 2010 Volume 4 Issue 11
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ANGELS AND ANCESTORS

VOLUME 4 ISSUE 10 JULY 2010

Since 2006

THIS MONTH

IN THIS ISSUE

- 6 **Serving Spirit: Breatharians in our Midst**
By Norma Gentile
- 7 **Spirit Animal - Badger** *by Judy Hirst*
- 8 **Transforming Sex into Love** *by Osho*
- 9 **Crystals Are Hard As Rocks** *by S Roger Joyeux*
- 14 **Spirit Animal – Turkey Spirit** *by Judy Hirst*
- 17 **The Five Best Hero Lessons** *by Terri Marie*
- 20 **Spirit Speaks – You Are Of The Earth** *by Judy Hirst*

IN EVERY ISSUE

- 3 **From The Editors**
- 4 **Events Listing**
- 12 **Tips & Tricks for Small Business** (*Top Five Thinking Traps Exposed*)
- 12 **Living Health – Ten Effective Ways To Relieve Seasonal Allergies**
- 16 **Judy's Kitchen** (*Fig and Almond Treat, Nutloaf*)
- 18 **Look at that Book!** (*How To Grow Fresh Air*)
- 21 **Joke of the Month**
- 22 **Classifieds**
Healers, Workshops, Astrology, Events
- 23 **The Last Word**



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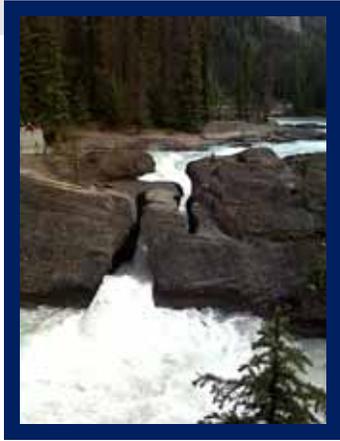
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FROM THE EDITORS



Cover Picture: The cover picture is called “TRANSFORMATION” and is a picture of the natural bridge created or transformed out of sheer rock, by the Kicking Horse River just west of Field, BC. Picture © Judy Hirst June 2010.

Dear Readers!

This is our seventh magazine this year. When we began the magazine publication, a switch from our newsletter format, I realized that Angels And Ancestors was going through a transformation. And, as the months rolled by, it also became clear that I was going through a transformation. This big change makes me think of the movie, “The Transformers” where metal, sentient beings from outer space, come to Earth, and transform from their alien-ness to cars and trucks that we are more comfortable with.

Indeed, that is what transformation is about – moving to a shape or form that is more comfortable. Or, perhaps some would say, one that is more “fitting”. We come to Earth as a baby, and we grow physically, transforming from a wee one that is loved and protected (in most cases), to an adult that may be anywhere from four feet to eight feet tall, and who is expected to be the lover and the protector. That transformation may take from fifteen to fifty years, or longer. There are not any rules around the transformation although different religions do like to provide lists of do’s and do not’s.

The one thing that I am learning as I go along is “transformation is a very unique process and does not happen exactly the same for any two people”. Therefore, there cannot be any rules around it except the

Universal Laws which includes as its first law “Harm no one – including self”. After that, life is simply about being and learning and changing as you grow.

So, this issue deals with different topics on transformation. One of the big topics is Breatharians. Breatharians are those that have transformed their bodies so that they no longer need to eat food. Instead, they transform energy from the natural world around them into a food source that sustains them. To me, this is one of the greatest transformations that we humans can achieve – the ability to transform our body chemistry so that we no longer rely on other beings, our relations, to die to provide us with food.

Included, too, is an article about transforming sex into love. For many humans, sex is still about power and control, and not propagation or fidelity. This type of thinking will transform. To help us change how we think, at least in our small and medium businesses, we have included an article called “Top Five Thinking Traps Exposed”. We do attract what we think, and by how we think it. You already know this from all the “attraction” seminars and books that are available.

We can transform our health – so we have included an article on ways to relieve allergies, something that many of us seem to suffer from on a seasonal basis. Volumes of books and articles have been written about how our consumption of different foods can contribute to our allergies. Is this because the food has been transformed or because we have been transformed? I think it is the former change because we seem to be eating “better” and yet illnesses continue to plague us and obesity, cancer, heart ailments, and muscle degeneration are increasing.

Some people believe that all we can do in life is change our character. Thus, we have an article on the “Best Five Hero Lessons”. Most people will generally help others when called upon to help. So, how does one reach “hero” status? What kind of a transformation needs to take place? It is a choice, just like eating.

Having said there are no rules, you may find “The Last Word” section intriguing because I have included the “*Native American Code of Ethics*” because it provides a perfect summary of the changes required and the understanding of self that develops, as we pass from child to adult.

We hope you enjoy this issue of “Transformation”.

Namaste,
Judy and Roger

ANGELS EVENTS LISTING

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 18 2010 Wednesday "Gathering up my Pieces" 7:00pm – 9:00pm By Donation

Prerequisite: "Three Tools to use in Self Healing" Through many lifetimes, including this lifetime, we give away pieces of ourselves. We may do this by making promises that we vow will "last forever". Or, we may simply leave part of ourselves behind when we have unresolved life issues. Join Judy Hirst, BA CMA, ATP® CBP® as she facilitates a session where: 1) You learn a chant to clear the mind grid level, the DNA level, karmic contracts, and the core level (called the outer levels). 2) A level one Universal Healing to release judgement, personal disempowerment, and abandonment. Participants should bring a journal, a cushion, and a blanket. 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.

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.

September 2010

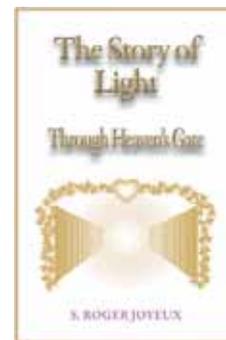
September 8 2010 Wednesday New Moon Meditation 7:00pm – 9:00pm, By Donation

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.

September 8 2010 Wednesday Calgary Dowsers 7:00pm – 9:00pm at Spruce Cliff

Community Center – 608 Poplar Road SW Roger Joyeux will be guest speaker at this event where he will speak on the planets and their role in our Earthly journey. For a complete listing of events see <http://www.calgarydowsers.com>.

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



by S. Roger Joyeux

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SERVING SPIRIT: BREATHARIANS IN OUR MIDST

By Norma Gentile



This past month my friend, Elitom ben Yisrael, sat for a series of television interviews. He has been a Breatharian for ten years. For him, that means he doesn't eat food or drink water, but rather nourishes himself from subtle energies. He does this daily, typically through sitting meditation, Tai Chi, and yoga.

(If you are curious to see and hear from him, the first of three videos is now available online here: [Elitom videos](#))

In December 2003, Elitom and I did a workshop together entitled Breatharian Meditations (available as a CD or mp3 download from my website) offering a series of meditations that anyone can use to explore their own potential to more fully engage with the Breatharian wiring of their physical body.

As a result both he and I get emails from people who are trying to become Breatharians, but often are doing so by simply not eating. Because of the release of these new interviews, and an upsurge in interest around Breatharianism, I want to make a few points very clear. As Elitom has stated repeatedly, he nourishes and feeds himself from all that is around him. Breatharianism is not about ceasing to eat and disconnecting from the physical world. It is not about rising above it all or escaping from the issues in daily life. Rather, it is a process of opening the Heart to a new consciousness where you know yourself as part of the intricate web of Spirit. You become *more* connected to the world; feeling more, seeing more, and sensing more deeply all that is around you. The cessation of needing to eat physical food is one possible resultant of this process of

connecting more deeply into your own Spirit. But it is not the *only* possible outcome.

Almost everyone alive has the potential in their auric wiring to be a Breatharian. Very few have it as a goal in the journey of their soul for this lifetime to live as a complete Breatharian. Let me put it this way: just because you enjoy painting doesn't mean you are meant to be a professional artist in this lifetime. And just because you may *not* become a professional painter doesn't mean you should *stop* painting altogether, either. The same is true with our natural Breatharian wiring. We have some aspect of it already turned on. Typically 5 to 10 percent of our lower 8th chakra is tuned to the Pure Energy of Nature. As I see it, Breatharians have nearly 90 percent of this same chakra tuned to the Pure Energy of Nature. As Elitom and I demonstrate on the CD, and as I teach in my Practitioner Trainings, anyone can tune their lower 8th chakra more fully to the Pure Energy of Nature in order to create water directly in their body. Learning this technique does not mean you are going to become a complete Breatharian. It means that you are consciously utilizing your Breatharian wiring. And as you practice using the wiring in this first, simple manner, changes will happen in your life.

A comment from Elitom:

In this classroom of life, as you continue to learn, develop and grow, it is not about eating or not eating. Following spirit into becoming a Breatharian is not a forced event. It is an allowing. And depending on the job assignment you are fulfilling, it may or may not be the energy that is needed to complete your particular assignment.

A Breatharian energy is not helpful for many situations. And this knowledge is not for everybody. People who contact me are meditators, holistic people, high level diet changers...not someone who is in the rib cookoff! The wiring of the Breatharian experience around people is not easy at all. Friends and family don't like having their beliefs challenged. This is why I'm going to work hard now so Breatharians in the future don't have to go through the same difficulties I went through during my transition. In the next ten years it will be common knowledge in this culture (the USA). I am among the first fruits.

I was at a mall in North Carolina, and struck up a conversation with a man from India. He asked if I wanted to go get something to eat, and I replied that I was on a special diet. He asked what my diet was, and I explained that I am a Breatharian. He was not surprised when I said

this. Breatharianism is common knowledge in his culture, as well as in China. And one day it will be accepted here in the US also.

I have learned to turn my Breatharian wiring for creating water in my body on and off. Most often I use this technique during travels where, for a few hours of time, it is not advisable to drink the local water. I can feel my body shift into relying more strongly on my natural Breatharian wiring, and then I consciously release and move back into what is most comfortable for my body. I do not sustain my Breatharian wiring at this point in time. And, I always resume drinking water as soon as I am able to. Anytime there is physical food in the body, there needs to be physical water in the body also in order for the physical digestion process to work properly.

Too often, I feel that people are attempting to simply stop eating, and they are calling that Breatharianism. It is not. This is anorexia. Perhaps it carries with it a sacred intention, but it is anorexia nonetheless. It carries with it an underlying belief that "if only I could stop eating I would be perfect," and a sense of wanting desperately to rise above or leave the physical world.

But ironically enough, Breatharianism requires a deeper connection with your physical body and the Earth than merely eating food does. As most Breatharians talk about their daily life experience, they mention the sense of being in constant communion with Spirit, Love, the Earth and the people around them.

In my own experience, when I choose to utilize my Breatharian wiring, I feel everything around me. I allow my larger auric sphere, the one that exists about 25 feet away from my body, to enliven itself. As a result, the quality of energy in a room, the energy within air, the age and health of nearby trees, the emotions of others... all of these are part of the larger field of energy from which I am being nourished. And over time, I learn to receive only those energies that truly are in tune with my own body, and let the other energies simply be. For a Breatharian, being in communion with what is around you is how you nourish yourself. And sometimes that is difficult, when there is emotional or physical pain in the bodies of those people who are around you. Or when there is great imbalance in the physical environment around you. This is something that I feel needs to be addressed. Becoming a Breatharian, even exploring this process, means moving more deeply into the world, not up out of it.

Am I lower or less than a Breatharian because I still eat food? It is true that my body, because I eat physical food, has to keep a portion of itself vibrating at a level that is closer to the physical dimension of the Earth. I believe that everyone has their unique wiring and vibration to offer the planet. And I wonder if believing that eating food is "lower" than being a Breatharian isn't actually a part of our being stuck in polarity. So for now, I would say that the vibrations of eating food and those of nourishing from natural spiritual energies are simply different.

In time, more and more people will 'turn on' their Breatharian wiring more fully. But I suspect this will happen over a hundred or more years. We each already have the wiring. The journey of our soul, here and now in this lifetime, may be to turn it on just a little bit, or a lot. There is a need for people to fill in the space between those who eat meat, those who are vegan, those who are raw foodists, and those who are Breatharians. There is a huge energetic gap between Breatharianism and those who consume raw foods for nutrition. I suspect that many people in the near future will be living as partial Breatharians; eating a physical diet of raw vegan live food while also meditating and using yoga to also nourish themselves through their Breatharian wiring.

We are in a time of transition. It is more important to find your own speed along the path than to try to do something beyond which your body and soul are ready to do. When any one of us feels balanced in our body, we are more capable of creating a vibration of love and gratitude which radiates out into the world. Do not force what is not yet ready to change. There are already enough physical bodies radiating impatience and stress! Honor the path of your own soul.

And I want to share here, a final note, based on some information from Shesat (Thoth's companion). Both she and Thoth are considered Ascended Masters, and as part of their ascension went through the stage of nourishing their physical bodies more from energy than from traditional food. She speaks from the perspective of being with us, not separate from us here in form:

To you, who are the seeker;

Nourishing our Divine Temple, which is our physical body, needs to be done according to the Divine Temple, not according to our beliefs. The belief that eating food as nourishment is "wrong" and that being able to nourish the body only by subtle energy is "right" is part of your belief system.

Each person expresses the love of God in their own unique manner. In order to allow that expression to move through your body, your Divine Temple, and out into the world, it is necessary to first nourish yourself. Why would God (or Spirit or All That Is) want to speak through you to others? Because it is your voice that is audible to others! And that voice is only audible when you live in the same world as those with whom you are serving.

Breatharianism is where you as a race are going, but you are not there yet. A few people have the special task of opening that road for many. But even more people are being called to remain *with* the many, and help them learn about Spirit. Running ahead too far on the path is tempting. You can feel the possibility, and you want to run quickly into that possibility! But that may not be your path to walk upon.

In order to be of service most people who sense their Breatharian possibility learn to use it a bit, here and there, in order to maintain a vibration of love, compassion and light within their body. They eat what their bodies ask them to provide for nourishment, giving great thanks to the plants and farmers for the quality of energies that this food makes available to their Divine Living Temple.

And by staying connected into the cycle of eating physical food, the love, compassion and gratitude expressed as you eat is felt by the kingdom of plants, the Earth, and all other humans on this planet.

Your Divine Living Temple seeks to be of service. Let yourself listen to what the Temple wants to receive in order to be in balance now. Whether you nourish yourself from the subtle energies of Nature or from the graciousness of an organic salad, nuts and a fresh lively mango or apple, you are of service.

It is by creating the vibrations of love, charity, gratitude and compassion that we all are uplifted into a new state of consciousness. Let yourself create these vibrations, rather than the vibrations of shame and guilt over not being able to do something that your body and your soul's journey has not chosen to do. Be of loving service to your world exactly where you are and as you are. That is a true service.

*My love and gratitude to you,
Norma (with Shesat)*

Norma Gentile is a recording artist of four solo musical CDs, 10 Meditation and Teaching CDs, an energy

healer and channeler. She receives information for individuals in healing sessions, and written transmissions from Archangel Michael, Mary and Thoth which she shares in her newsletters and articles. As a singer of healing music she work with the Hathors and Hildegard. See more on her website <http://www.healingchants.com/>.

About Elitom:

Elitom lives in the Midwestern US where he nourishes himself daily in local parks and along the shore of Lake Erie. He has been a Breatharian for over 10 years. He teaches and can be reached at

elitomben11969@hotmail.com. He was recently interviewed and those videos, in 42 languages, can be watched online here

http://suprememastertv.com/bbs/board.php?sfl=wr_cont&ent&sop=and&bo_table=download&search_table=schedule&d=y&sst=wr_num&s_target=4&stx=Elitom+ben+Yisrael.

SPIRIT ANIMAL – BADGER AWAY!

By Judy Hirst



As we drove home from the mountains Thursday, we saw a wide variety of animals and birds. I was surprised to see a big badger run away from us, and across the road and into the grass.

Badgers are typically dawn and dusk beings as they are very much a loner type animal. This badger, however, was on a mission, and ran across a busy two lane highway. The irony of me telling you this story is that one of the characteristics of badger in all the legends is

that Badger is the Keeper of Stories. And, I am telling you a story.

Before the written word was so prominent, all traditions handed down their history by storytelling. In each family was one member who could recite the family lineage right back to the oldest memories. We lost our tradition of storytelling in the 1700's with the growth of the Industrial Revolution and its need for written instructions to keep the spread of machines growing.

Back to Badger! Badger is an underground dweller. It reminds us to stay grounded. She also reminds us to dig deeper into the issues that are occurring in our lives because the surface problem is not at the root – the root is generally always hidden beneath the layers – of dirt, or of stories, or of self deception.

Badger likes to be by herself because she is very strong and self confident. Her questions are:

- Are you lacking confidence in something?
- Are you seeing only the surface of a story? Do you need to dig deeper?
- Are you using your stories to cause harm? Are someone else's stories causing you harm?
- Do you need to tell a story to teach something?
- Does your story need to be told so that you can let go of it?
-

May Badger come to you in your dreams and give you a way to get to your roots!

© Judith Hirst, July, 2010. This article first appeared on angelsandancestors.blogspot.com. 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. Contact Judy at Judy@angelsandancestors.com.

TRANSFORMING SEX INTO LOVE

By Osho

It is sexual energy that transforms into love. Humans have been set up against their own energy. On the surface, human beings are taught to support the dropping of all conflicts, all fights, all struggles. But deep down they are essentially being taught to fight:

"The mind is poison, so fight against it." And on the surface we are asked to drop all conflicts! The very teachings that are the basis of man's inner conflict ask him to drop conflict! On one hand, drive people mad, and on the other, open asylums to treat them. On one hand spread the germs of sickness, and on the other build hospitals to treat the sick.

It is very important to understand one thing in this context. Human beings can never be separated from sex. Sex is the very source of one's life; one is born out of it. Existence has accepted the energy of sex as the starting point of creation, and your holy men call it sinful... something that existence itself does not consider a sin! And if you think of God as the creator, and if God considers sex to be a sin, then there is no greater sinner than God in this world, no greater sinner than God in this universe.



Picture from www.alienskin.com

You see a flower in bloom– have you ever considered that the blossoming of a flower is an act of passion, a sexual act? What is happening as the flower blossoms? The butterflies will sit on it and carry its pollen, its sperm, to another flower. A peacock dances in full glory– a poet will sing songs to it, your saints will also be filled with joy at the sight of it. But aren't they aware that the dance is an overt expression of passion, that it is primarily a sexual act? The peacock is dancing to seduce its beloved. The peacock is beckoning to his beloved, his spouse. The bird is singing, the peacock is dancing, the boy has become an adolescent, the girl has grown into a beautiful woman– these are all expressions of sexual energy. These are all different manifestations of sexual energy. All life, all expression, all flowering is basically sex energy. And it is against this sex energy that religions and cultures are pouring poison into the minds of human beings. They are trying to engage human beings in a fight against it. They have entangled people in this battle against their own basic energy, so they have become wretched, pathetic, devoid of love, false, nobodies.

CRYSTALS ARE AS HARD AS ROCKS

By S. Roger Joyeux

Crystals are as hard as rocks, and almost as hard to understand. They work with light—that much we know. But which light? It's not all the same! And, how? So often, I hear people say that they really like crystals, but have no idea how they work.

Yes, crystals work with light, but the light that empowers the consciousness is not the same light that empowers how we express ourselves, or that empowers the mechanics of creative potential. Is all light consciousness? It's not! Even if a light frequency is directly related to consciousness, the next pothole to get lost in is the question: Which part of consciousness? The intuition is not the conscious body, so one should not expect the frequencies processed by the intuition to be the same frequencies that are stored in the conscious body, even though they will be similar in many respects.



Rock on grass by Judy Hirst © August 2009

Check out what people are writing about crystals. You will find as much convergence as divergence. One source will say a crystal is a healer, another will say it works to strengthen the will, or both. So, which is it? The myths abound.

The first myth to dispel involves the “meaningless truths”. Are crystals healers? Do they work with negativity? Yes to both questions, and every last one of them. Yes, but. . . All crystals work with light. Light does the healing, and light displaces negativity. So, yes, all crystals are healers and work with negativity, but only

One has not to fight with sex, but to create a friendship with it, and elevate the stream of life to the heights. While blessing a newlywed couple, an Upanishadic sage said to the bride, May you be the mother of ten children and, ultimately, may your husband become your eleventh child. If passion is transformed, the wife can become the mother; if lust is transformed, sex can become love. It is only sexual energy that flowers into the energy of love.

But we have filled humans with antagonism toward sex, and the result is that not only has love not flowered in them—because love is an evolution beyond sexual energy, and can come only through acceptance of it—but their minds have become more and more sexual because of the opposition to sex. All our songs, all our poetry, all our art and paintings, all our temples and the statues in them have directly or indirectly become centered around sex. Our minds revolve around sex. No animal in the world is sexual like human beings are. Human beings are sexual around the clock—awake or asleep, sitting or walking, sex has become everything to them. Because of the enmity toward sex, because of this opposition and suppression, it has become like an ulcer to their being.

One cannot be free from something that is the very root of one's life. But in the process of this constant inner conflict, one's entire life can become sick—and it has. Your so-called religions and cultures are basically responsible for the excessive sexuality that is so evident in humankind. It is not "bad people" but "good people" and saints who are responsible for this. Until the entire human race frees itself from this wrongdoing by religious leaders and "good people," there is no possibility of the birth of love.

I want to say to you that sex is godly. The energy of sex is divine energy, godly energy. That is why this energy creates new life. It is the greatest, most mysterious force of all.

Drop this antagonism toward sex. If you ever want love to shower in your life, renounce this conflict with sex. Accept sex blissfully. Acknowledge its sacredness. Acknowledge its benediction. Go on searching deeper and deeper into it, and you will be amazed that the more you accept sex with a quality of sacredness, the more sacred it will become. And the more you are in conflict with it, as if it were something sinful and dirty, the more sinful and ugly it will become.

From Sex Matters, Osho, St. Martin's Press, New York, 2002, Copyright © 2002, Osho International Foundation, www.osho.com

because all crystals work with light. So, what does that mean, or not mean?

Can we say that a crystal that helps a person to see the path ahead, such as Iolite, is also a healer? The Vikings used Iolite as a navigation aid. It helped the Viking sailor to awaken to his intuitive awareness of the journey ahead, but it did very little to heal the gash sustained in the battle the day before, nor did it do anything to usage the imbalances in his emotional body. Do Vikings cry or have guilt issues? Whether they do, or not, Iolite was not intended to heal emotional imbalances. Iolite involves consciousness frequencies, but not frequencies of the heart or throat, which would be love and truth respectively—not consciousness. It does not enhance creativity, nor does it stem the flow of negativity that radiated out from the Viking raiding party. Iolite empowers the third eye to be sensitive to the nuances of the environment at hand and to the potentials of vibrations that are unfolding. It helps illuminate the path ahead. It helps you to discern the vision of vibration as it projects forward from the now-moment into the not-too-distant future.

Keep in mind, Iolite works with light. It is therefore a potential healer that disperses negativity. My point: true, but meaningless. In short, be wary of claims that are out of context.

A second approach to debunking the reality of a crystal's contribution comes with knowing that light affects vibration, your vibration. If you have a blockage on a physical level, in the right elbow perhaps, light can clear the blockage. The source of the light is of less concern than the outcome, which is a healing of the elbow joint. The source could be the Rieki practitioner, or as in my case, the Huna Kane practitioner, or you can open the blockage with yoga or acupuncture, and lastly, but not least, the light for healing can come from a crystal. Heal that funny bone!

Healing is the acceleration of vibration for the purpose of opening the physical form (body) to light. The light can come from any one of a hundred different crystals. The crystal brings light, which does the healing. Pick a crystal, any crystal. A truly healing crystal is one that works to accelerate the vibration of form (body). These are the green stones, with the exception of Malachite, which does not accelerate form. Green healing stones include the old standby Green Aventurine, as well as, Serpentine, Peridot, Prehnite, and the very dark green Bloodstone. Moldavite is also a healer, but only as a side effect.

If a random crystal brings the healing light frequencies that will make the funny bone laugh again, the claim can be made that it heals the body's joints. Stop right there! The claim can also be made that 17 other crystals can heal joints too, even the same joints! The truth is: the crystal used brought the light needed to heal the joint. That same light, and therefore, that same crystal, can be used just as effectively to restore energy to the lymph nodes. Chances are, if you use a large enough clear quartz crystal, it will bring the light needed for most healings.

Light affects vibration. To be healed, vibration first needs to be un-well. If the blockage is found in the heart tissues, the same crystal that improved the joints can also improve the heart, but if the user is limited to the precept that the crystal only heals joints, value is lost. Conversely, the crystal that brought the light to heal a throat ailment may not be capable of bringing or even working with light that heals the heart. Further, a crystal that works with the heart may not have any healing properties.

This brings us back to the point about crystals and vibration. On a given day, a crystal's light can heal the elbow joint, and the next day the elbow is fine. If the same crystal then works to heal the heart, the spurious claim can be made that the crystal is a "heart healer". One day it's an elbow healer, next day it's a heart healer; and from an entirely different source, the crystal may be reborn as a stomach ulcer healer.

Point: light affects vibration. Different light and different vibrations yield different results. So what is consistent? What meaningful claims about crystals are valid every time?

Given that vibration (of your body and mind on Earth) changes from moment to moment, body vibration is not a reliable factor by which to understand crystals. A crystal that affects me in a specific way will affect you in a totally different way, because our two vibrations are different—same light and same crystal. As mentioned, get a large clear quartz crystal with six sides and a point on the end, and you can assume that at least some of the light it brings will help solve whatever problem you might have and empower what needs empowering.

Let us look at crystals and creativity for a moment. How would you define creativity? Well, try this on for size. Creativity is the expansion of form for the purpose of accommodating more light. Does this say you can be inspired to write more and paint better? In effect, yes it does, and much more. Let us look at the context.

Any form that holds light can hold only a finite amount according to the quality of its vibration. When the frequencies of creativity, from Citrine in particular, are applied, the vibration of the form expands and rises. It can then accommodate more and higher light, perhaps only a tiny amount more, but more none-the-less.

With more available light, the mind of the engineer, for example, can generate the thought-form that solves the problems that lead to designing automobile brakes that do not wear out. Eureka! Revelation! A slight expansion in the light carrying capacity of the engineer's mind (form), because of the application of the creative frequencies of Citrine, makes possible the realization of the solution. More light can be accommodated in the conscious body and available to contribute to the engineer's thought process. With more light available for the mind to create thought-forms, more solutions and realizations arise en route to the creation of wear-free brakes.

The elevation and expansion of form is the specialized contribution of the crystal Citrine. Citrine, however, is also a quartz stone. Therefore, it also carries the properties of regular quartz.

To avoid leaving you out on a limb before this article runs its course, regular clear quartz crystals bring the full range of all-light available on the physical plane. All light on the physical plane means all light on the physical plane. It does not mean all light on higher planes, nor does it mean that the light is specialized, nor does mean the light has any strength. All light, yes, but not necessarily much of it. Hence, when it comes to clear quartz points, bigger is quite often better, and of course, more expensive.

As a grand finale, light does the work. Crystals bring light. Specialized crystals bring a specific range of frequencies, and most likely exclude the rest. How the light, which specialized crystals bring, affects an individual is most often determined by the state of the individual's vibration, which of course, is different for each person.

In introducing crystals, consider that they usually have specialized roles that are not well understood. For example, understanding the stones that work with the emotional body needs to follow the explanation of the emotional body. As a further example, understanding Labradorite needs to follow the explanation of the conscious body, because Labradorite works almost exclusively with the conscious body. Did I say consciousness? Not a chance, because the consciousness implies qualities different from the

conscious body. Also, claims made about crystals may be valid only for the instance that prompted an outcome, and more accurately, only for the light frequencies exclusive of the crystal. In a different circumstance, the outcome will be different, and the first claim about the crystal will lose its validity.

The information in the literature has improved significantly over the past ten years. However, without a clear foundation of knowledge about light and how light frequencies work with the physical and subtle bodies, the crystal enthusiast is left to rely on intuition to determine which crystal is best. For most people, however, the intuition is not developed enough to be reliable. Perhaps the easiest understanding of crystals is that all crystals work with light. Light heals and displaces negativity. Let the light of crystals shine!

S. Roger Joyeux is the author of [The Story of Light](#), volumes one and two, and is in the process of writing a third volume devoted to crystals. He offers workshops on crystals from time to time. The next Crystals' Workshop is on August 14-15. For more info, visit <http://angelsandancestors.com/workshop.html#crystal>.

**CRYSTALS' LIGHT WORKSHOP
SAT & SUN, August 14-15, 2010**



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 at srjoyeux@gmail.com.

TIPS & TRICKS FOR SMALL BUSINESSES

Helping Practitioners and Small Business Owners Navigate The Business World!

TOP FIVE THINKING TRAPS EXPOSED

By Luciano Passuello

Our minds set up many traps for us. Unless we're aware of them, these traps can seriously hinder our ability to think rationally, leading us to bad reasoning and making stupid decisions. Features of our minds that are meant to help us may, eventually, get us into trouble.

Here are the first 5 of the most harmful of these traps and how to avoid each one of them.

1. The Anchoring Trap: Over-Relying on First Thoughts

“Is the population of Turkey greater than 35 million? What’s your best estimate?” Researchers asked this question to a group of people, and the estimates were seldom too far off 35 million. The same question was posed to a second group, but this time using 100 million as the starting point. Although both figures were arbitrary, the estimates from the ‘100 million’ group were, without fail, concomitantly higher than those in the ‘35 million’ group. (for the curious, here’s the answer.)

Lesson: Your starting point can heavily bias your thinking: initial impressions, ideas, estimates or data “anchor” subsequent thoughts.

This trap is particularly dangerous as it’s deliberately used in many occasions, such as by experienced salesmen, who will show you a higher-priced item first, “anchoring” that price in your mind, for example. What can you do about it?

* Always view a problem from different perspectives. Avoid being stuck with a single starting point. Work on

your problem statement before going down a solution path.

* Think on your own before consulting others. Get as much data as possible and explore some conclusions by yourself before getting influenced by other people’s anchors.

* Seek information from a wide variety of sources. Get many opinions and broaden your frame of reference. Avoid being limited to a single point of view.



Picture from chalk.richmond.edu

2. The Status Quo Trap: Keeping on Keeping On

In one experiment a group of people were randomly given one of two gifts — half received a decorated mug, the other half a large Swiss chocolate bar. They were then told that they could effortlessly exchange one gift for the other. Logic tells us that about half of people would not get the gift they preferred and would hence exchange it, but in fact only 10% did!

We tend to repeat established behaviours, unless we are given the right incentives to entice us to change them. The status quo automatically has an advantage over every other alternative.

What can you do about it?

* Consider the status quo as just another alternative. Don't get caught in the 'current vs. others' mindset. Ask yourself if you would choose your current situation if it weren't the status quo.

* Know your objectives. Be explicit about them and evaluate objectively if the current state of affairs serves them well.

* Avoid exaggerating switching costs. They frequently are not as bad as we tend to assume.

3. The Sunk Cost Trap: Protecting Earlier Choices

You pre-ordered a non-refundable ticket to a basketball game. On the night of the game, you're tired and there's a blizzard raging outside. You regret the fact that you bought the ticket because, frankly, you would prefer to stay at home, light up your fireplace and comfortably watch the game on TV. What would you do?

It may be hard to admit, but staying at home is the best choice here. The money for the ticket is already gone regardless of the alternative you choose: it's a sunk cost, and it shouldn't influence your decision.

(This example is from an earlier article which focuses entirely on the sunk cost effect. Check it out if you want to know more.)

What can you do about it?

- * Be OK with making mistakes. Examine why admitting to earlier mistakes distresses you. Nobody is immune to errors, so you shouldn't make a big deal out of it — just make sure you learn from them!

- * Listen to people who were not involved in the earlier decisions. Find people who are not emotionally committed to past decisions and ask their opinion.

- * Focus on your goals. We make decisions in order to reach goals. Don't become attached to the particular series of steps you took towards that goal; always consider how you can better fulfill that goal from now on.

4. The Confirmation Trap: Seeing What You Want to See

You feel the stock market will be going down and that now may be a good time to sell your stock. Just to be reassured of your hunch, you call a friend that has just sold all her stock to find out her reasons.

Congratulations, you have just fallen into the Confirmation Trap: looking for information that will most likely support your initial point of view — while conveniently avoiding information that challenges it.

This confirmation bias affects not only where you go to collect evidence, but also how you interpret the data: we are much less critical of arguments that support our initial ideas and much more resistant to arguments against them.

No matter how neutral we think we are when first tackling a decision, our brains always decide —

intuitively — on an alternative right away, making us subject to this trap virtually at all times.

What can you do about it?

- * Expose yourself to conflicting information. Examine all evidence with equal rigor. Don't be soft on disconfirmatory evidence. Know what you are about: Searching for alternatives or looking for reassurance!

- * Get a devil's advocate. Find someone you respect to argue against the decision you're contemplating making. If you can't find one, build the counterarguments yourself. Always consider the other positions with an open mind (taking into account the other mind traps we are discussing here, by the way).

- * Don't ask leading questions. When asking for advice, make neutral questions to avoid people merely confirming your biases. "What should I do with my stocks?" works better than "Should I sell my stocks today?"

5. The Incomplete Information Trap: Review Your Assumptions

Harry is an introverted guy. We know that he is either a librarian or a salesman. Which one do you think he most probably is?

Of course, we may be tempted to think he's almost certainly a librarian. Haven't we been conditioned to think of salesmen as having outgoing, if not pushy, personalities? Too bad this reasoning may be dead wrong (or at least incomplete).

This conclusion neglects the fact that salesmen outnumber librarians about 100 to 1. Before you even consider Harry's character traits, you should have assigned only a 1% chance that he's a librarian. (That means that even if all librarians are introverted, all it takes is 1% of introverts among the salesmen to make the chances higher for Harry being a salesman.)

That's just one example of how overlooking a simple data element can make our intuitions go completely astray. We keep mental images — simplifications of reality — that make us jump to conclusions before questioning assumptions or checking whether we have enough information.

What can you do about it?

- * Make your assumptions explicit. Don't take a problem statement as it is. Keep in mind that for every problem you're using implicit information — your

assumptions. It's usually not hard to check the validity of assumptions, but first you need to know what they are.

* Always favour hard data over mental simplifications. Our preconceptions — such as stereotypes — can be useful in many situations, but we should always be careful to not over-rely on them. When given the choice, always prefer hard data.

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SPIRIT ANIMAL – TURKEY SPIRIT



This is a picture of a bronze turkey

I was working with a client today, when the expression came up, “you can soar like an eagle, or roost like a turkey”. I did not think any more about it, until I sat down to write my blog. Then I heard, “Excuse me! Excuse me!”

I looked around. There, sitting on the periphery of my vision was a big turkey. He said, “I want to take issue

with your comments in your session about turkeys roosting. All beings sleep! And, roosting in trees, with our flock, we are safer than many beings. We have learned how to stick together, for safety. We were put on this land (North America) by The One (Creator) to provide good, lean food for the Peoples of the land. We have done that.

Back to the roosting. Do you know how much a Turkey sees while it is roosting? Eagles may have great vision from great heights, yet often they miss details that are crucial to the end goal. We Turkeys are in a better position to see what details may trip up the best plans. We know how to take care of each other and of those we care about. Eagles are almost extinct because they do not know how to care for each other. Turkeys were almost hunted to extinction. We did however, by hiding and by subterfuge, find ways to regrow our numbers.

We are very honoured that turkeys have become one of the staples of diet. We urge you to eat turkeys that can rustle up their own food as the force fed turkeys do not have the same quality of meat. Those turkeys even smell differently from those of us in the wild, or that have the run of farms or gardens.

When you eat turkeys, you share in the turkey power. One, you need to care for those resources that you use over and over. Two, you have the power of balance, so use it when your life gets out of balance. We need good balance to fly up into trees to roost, and to stay on the branch over night. Three, we have the gift of abundance; we are able to find the best food and shelter, and the safest places to be. This gift is also your gift.

Please do not malign turkeys! We are a gift to you all!”

I now have a different view of turkeys, and I appreciate them much more than I did several hours ago. How do you feel about turkeys?

© Judith Hirst, July, 2010. This article first appeared on Angelsandancestors.blogspot.com. 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. Contact Judy at Judy@angelsandancestors.com.

Don't go around saying the world owes you a living. The world owes you nothing. It was here first!

~~Mark Twain~~

TEN EFFECTIVE WAYS TO RELIEVE SEASONAL ALLERGY SYMPTOMS

By Daemon D. Jones, N.D.

If you are one of thousands of people who suffer from the sneezing, nasal congestion, and itchy eyes associated with seasonal environmental allergies, you'll be happy to know that there are some very effective natural approaches that will give you some relief.

Rather than reaching for the prescription or over-the-counter medications, which can be too drying, may make you feel drowsy or may deplete some of your nutrient stores, try implementing some of the following natural remedies to balance your immune system and ease your symptoms:

1. **Drink water.** Consuming half your body weight in ounces will thin mucous secretions and hydrate your mucous membrane tissues.
2. **Increase your intake of anti-inflammatory foods, such as ground flaxseeds, walnuts, and hempseeds.** These foods, along with fish oil supplements, are excellent sources of alpha-linolenic acid (ALA), an omega-3 fatty acid which can stomp out inflammation in your nasal passages
3. **Minimize your consumption of mucus-forming foods, such as dairy products, red meat, fried and processed foods, wheat, eggs, and chocolate.** Not only do these foods wreak havoc on an overly taxed immune system but they promote inflammation, the very thing you are trying to avoid,
 1. **Irrigate your nostrils using a neti pot** This mini-teapot, which can be found at most health food stores, allows you to wash out pollen trapped in your nostrils. Make a solution of approximately one teaspoon of noniodized sea salt per pint of warm water and rinse your nostrils at least twice daily. The neti pot comes with directions on how to perform the nasal irrigation, and while it takes a little practice, this procedure is a highly effective at relieving nasal and sinus inflammation.

2. **Apply a pinch of non-petroleum jelly** just inside the opening of your nostrils to catch and neutralize the effects of pollen.

- 6 **Change your clothes immediately upon entering the house.** Pollen is easily trapped in clothing and in your hair. So you might need to wash both more often than usual. Also, use a HEPA filtering system to minimize pollen, dust, mold spores, and other particulate matter that may exacerbate your symptoms.

7. **Use quercetin.** This bioflavonoid, naturally found in onions, grapefruit, and red wine, inhibits the body's release of histamines, resulting in decreased runny noses and watery eyes.

8. **Try Stinging Nettle.** The leaves of this herb have been found to quiet allergy symptoms very effectively.

9. **Consider Butterbur.** Very popular in Europe, this herb, which has recently entered the American market, contains Petasines, a chemical which quells inflammation and allergic response, just as effectively as Allegra and Zyrtec, according to two recent studies.

10. **Explore homeopathic remedies.** A number of products, blending variety of homeopathic anti-allergy agents, are available in pellet or tablet form. To learn more about the therapies and dosages of herbal and homeopathic remedies most appropriate to address your *individual* needs, we recommend consulting with a naturopathic physician. Please contact us at **Healthydaes** so that we can design a personalized wellness plan that will support your body and subdue your allergy symptoms *naturally*.

Finally, please note that greatest key to successfully managing allergy symptoms is to start treatment at least two to three weeks before allergy season begins. So, for those of you with late summer and fall allergies, start thinking about preparing now.

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*As a naturopathic physician, Dr. Jones provides her patients with excellent care and unwavering compassion. As part of her community outreach, Dr. Jones conducts workshops focused on mental, emotional and physical growth. She also cultivates her love of food by teaching cooking classes in various venues in the area. Dr. Jones appears on local radio programs talking about topics ranging from diabetes to menopause. See more information on her website [www.healthydaes.com](http://www.healthydaes.com). Article reprinted under Creative Commons Licensing.*

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## FROM JUDY'S KITCHEN

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### A HEALTHY SNACK - FIG AND ALMOND TREAT

This is a great snack or dessert that provides you with the combination of sweetness from the figs and protein from the almonds for a long-lasting boost of energy.

Prep and Cook Time: 5 minutes for one serving



Ingredients: - 3  
dried figs and  
3 almonds

Directions:

1. Pierce a hole in each fig and stuff each with an almond.

## NUTLOAF

*serves 6 to 8*

1 onion, medium chopped  
butter or oil  
2 cups mushrooms, finely chopped (see note)  
2 cloves of garlic, finely chopped  
1 teaspoon each dried thyme, marjoram, basil, tarragon, sage  
red wine or sherry  
2 cups *cooked* brown rice  
2 cups walnuts, finely chopped or pulsed in a food processor  
1 cup cashews, finely chopped or pulsed in a food processor  
5 eggs  
1 cup cottage cheese  
3/4 pound grated cheese: Parmesan, Gruyere, cheddar, smoked or any combination  
salt and pepper

Preheat oven to 350°.

Sauté the onion in oil or butter until it begins to soften. Add the mushrooms and a pinch of salt and pepper and cook until the mushrooms release their juices and become soft. Add the garlic and dried herbs and continue to cook. When the pan begins to dry out again, add a good splash of the red wine or sherry and cook

until it is reduced some. The contents should be moist but not swimming in liquid. Remove from the heat and let cool a little.

Prepare your pan while the mushrooms cool. Butter or oil a 9-inch loaf pan and line with parchment paper or foil. Butter the parchment/foil again.

In a large bowl, toss the brown rice and nuts together. In a separate bowl beat the eggs with the cottage cheese. Add to the rice/nut mixture along with the mushrooms, grated cheese and fresh herbs. Mix well. Taste for seasonings and adjust. (If you're worried about the raw egg, you can fry up a little patty to taste.)

Fill the loaf pan with the nut mixture, rap a few times on the counter to get rid of any air bubbles and smooth the top with a spatula. (The nutloaf can be kept, well wrapped, in the refrigerator at this point for no more than a day.)

Bake for about an hour or until the loaf is firm (maybe longer if the mixture was refrigerated.) Remove from the oven, rest on a cooling rack for ten minutes, then remove from the loaf pan. Peel off the parchment or foil and serve on a platter, garnished with fresh herbs.

Serve with mushroom gravy, accompanied by your favourite vegetables.

**Note:** Nutloaf is a very forgiving recipe. You can add more mushrooms or less cheese if you want to lighten it up, for example. You can use ordinary button mushrooms for this with wonderful, classic results. Or you can substitute some or all of the buttons for fresh shiitake.

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### I Am My Family

When I walk into my kitchen today, I am not alone. Whether we know it or not, none of us is. We bring fathers and mothers and kitchen tables, and every meal we have ever eaten. Food is never just food. It's also a way of getting at something else: who we are, who we have been, and who we want to be.

**Molly Wizenberg**, *A Homemade Life: Stories and Recipes from My Kitchen Table*, 2009

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# THE 5 BEST HERO LESSONS

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By Terri Marie

I wrote a column called “Heroes Among Us” for the Orange County Register, Sun Post News for years. The stories focused on people who did heroic things, so that we may all learn from them. Every year I wrap up with the best hero lessons. From well over 100 hero lessons each year, the following are the top five.

Several lessons apply to many of the heroes. Since I believe we all have the capability to live a great life, a life that is heroic, these are things that you, too, can do. You can create a better world around you. Your good actions will affect us all.



Picture of “hero” from darmano.typepad.com

My definition of a hero is “someone who helps someone in time of need. “We all need that help, but we also are here to give that help. May these traits help you in the year to come.

Here they are:

## 1. Create a New Reality

We need new ways of thinking and doing things. Herb Modelevsky, M.D. donates his time by appearing in hospitals as a real clown. Herbie the Clown” cheers up the children who are sick. Herbie helps them, not escape their lives, but create a new way to think about their circumstances. By creating a different reality, the children can see themselves in the world that Herbie opens up. Fun, laughter and the possibility of a clown in a hospital, make the children smile. Herbie shows them there is magic everywhere. Create a new reality that

includes a better life for all of us. Use fantasy and magic and play.

## 2. Take Unexpected Opportunities as the Gifts They Are

Hero Alice Netzen, age 91, still performs. She sings her beautiful heart out to the people of Southern California. Alice started performing in vaudeville. She had her own radio show back then. That got her career going. Alice’s boyfriend auditioned for a radio program. He didn’t get the radio show but he coaxed Alice into auditioning. She took the chance and beat out 648 other competitors to have her own radio program during the dinner hour. That was an opportunity that changed her life.

## 3. Time is the Most Important Thing in the World

For Cyndi Martin and other heroes, time is far more valuable than money. Most of Cyndi’s time is spent doing whatever she can to help her son Taylor to live as normal a life as possible. Taylor has NF-2, a rare genetic disease that creates a series of tiny tumors that attach to the brain, the central nervous system, and the spinal cord. Cyndi states “Don’t focus on the things. Focus on the time you have with people.” In families, in business, no matter what you do, it is the “time” we spend with people, with ourselves, or with God, that is the most important thing.

## 4. Hold on For the Long Term

Almost every hero realized that change may take awhile, especially social change. These heroes keep going even if the results aren’t instant. Cultural changes take time “especially when you are talking about children,” says Dr. Francis Mead-Messinger. “You don’t really know until children get into their twenties what kind of an impact something may have.” This probably goes back to her roots. Her great-grandmother was full-blooded Choctaw. They think generations ahead in their decisions. Our purpose is given wings through our actions. Any action toward your worthwhile goal is also worth holding on to, until it manifests.

## 5. You Can Always Give

Many heroes build their lives around giving. It gives them great joy inside to give. They give to help others. That is what I consider to be a true hero. No matter what life throws at you, you can always find a way...to give.

Put these traits into your own life and watch as you take a step toward bringing out that hero in you!

Live like a hero!

Terri Marie

### Author's Bio

Terri Marie is an award-winning producer and author of "Be the Hero of Your Own Game" and "The Dottie Walters Story." You can receive her "Year of Cheer" and Spiritual Good News at

[www.spiritualarena.com](http://www.spiritualarena.com)

The Hero Movie

<http://www.youtube.com/watch?v=llXYUxPkm2U>



Also called the "Butterfly Palm". An upright houseplant that is somewhat vase shaped. Specimen plants can reach 10 to 12 foot in height. Prefers a humid area to avoid tip damage. Requires pruning. When selecting an Areca palm look for plants with larger caliber trunks at the base of the plant. Plants that have pencil thin stems tend to topple over and are quite difficult to maintain.

### 2. Lady Palm (Rhapis excelsa)



Also called the "Lady Palm", this durable palm species adapts well to most interiors. The Rhapis are some of the easiest palms to grow, but each species has its own particular environment and culture requirements. The "Lady Palm" grows slowly, but can grow to more than 14' in height with broad clumps often having a diameter as wide as their height.

### 3. Bamboo palm (Chamaedorea seifrizii)



Also called the "reed palm", this palm prefers bright indirect light. New plants will lose some interior foliage as they acclimate to indoor settings. This plant likes to stay uniformly moist, but does not like to be over-watered or to sit in standing water. Indoor palms may attract spider mites which can be controlled by spraying with a soapy solution.

### 4. Rubber Plant (Ficus robusta)



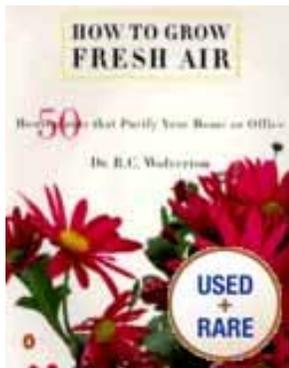
Grows very well indoors, preferring semi-sun lighting. Avoid direct sunlight, especially in summer. Young plants may need to be supported by a

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## LOOK AT THAT BOOK!

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- A BOOK REVIEW ON "HOW TO GROW FRESH AIR — 50 HOUSEPLANTS THAT PURIFY YOUR HOME OR OFFICE"



Dr. B.C. Wolverton, researcher and author of "How to Grow Fresh Air — 50 Houseplants that Purify Your Home or Office" (1997, Penguin paperback, \$15.95)

(Available used!)

Top ten plants for removing formaldehyde, benzene, and carbon monoxide from the air:

### 1. Areca Palm (Chrysalidocarpus lutescens)

stake. The Ficus grows to 8' with a spread of 5'. Wear gloves when pruning, as the milky sap may irritate the skin. Water thoroughly when in active growth, then allow the soil to become fairly dry before watering again. In winter keep slightly moist.



The Ficus Alii grows easily indoors, and resists insects. It prefers a humid environment and low to medium light when grown indoors. The Ficus Alii should not be placed near heating or air conditioning vents, or near drafts because this could cause leaf loss. Soil should be kept moist but allowed to dry between watering.

#### 5. Dracaena "Janet Craig" (Dracaena deremensis)



The Dracaena grows to 10' with a spread of 3'. Easy to grow, these plants do best in bright indirect sunlight coming from the east/west. They can adapt to lower light levels if the watering is reduced. Keep the soil evenly moist and mist frequently with warm water. Remove any dead leaves. Leaf tips will go brown if the plant is under watered but this browning may be trimmed.

#### 6. Philodendron (Philodendron sp.)



One of the most durable of all house plants. Philodendrons prefer medium intensity light but will tolerate low light. Direct sun will burn the leaves and stunt plant growth. This plant is available in climbing and non-climbing varieties. When grown indoors, they need to be misted regularly and the leaves kept free of dust. Soil should be evenly moist, but allowed to dry between watering.

#### 7. Dwarf Date Palm (Phoenix roebelenii)



A hardy, drought-tolerant and long-lived plant, the Dwarf Date Palm needs a bright spot which is free of drafts. It grows slowly, reaching heights of 8-10'. The Dwarf Date Palm should not be placed near children's play areas because it has sharp needle-like spines arranged near the base of the leaf stem. These can easily penetrate skin and even protective clothing.

#### 8. Ficus Alii (Ficus macleilandii "Alii")

#### 9. Boston Fern (Nephrolepis exaltata "Bostoniensis")



The Boston fern grows to 4' in height with a spread up to 5'. It has feathery ferns which are best displayed as a hanging plant. It prefers bright indirect sunlight. Keep the soil barely moist and mist frequently with warm water. This plant is prone to spider mites and whitefly which can be controlled using a soapy water spray. Inspect new plants for bugs before bringing them home.

#### 10. Peace Lily (Spathiphyllum "Mauna Loa")



The Peace Lily is a compact plant which grows to a height of 3' with a 2' spread. This hardy plant tolerates neglect. It prefers indirect sunlight and high humidity, but needs to be placed out of drafts. For best results, the Peace Lily should be thoroughly watered, then allowed to go moderately dry between waterings. The leaves should be misted frequently with warm water.

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**Editor's note: This information came from an old book review from the publisher. As noted earlier in the article, the book is now out of print and is only available through used book stores.**

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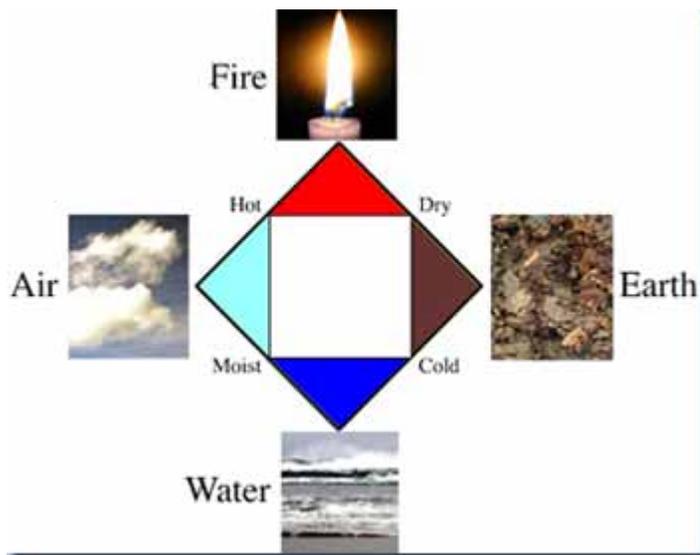
## SPIRIT SPEAKS – YOU ARE OF THE EARTH

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By Judy Hirst

Buddhists believe that every human contains four elements, Earth, Water, Air, and Fire. These four elements make up our physical body, and allow us to feel the energies associated with each of them. We will talk about those energies in a minute. What is clear, is that these four elements can help us to stay grounded. However, it seems that many people choose to be ungrounded, that is, they feel “spaced out”. And rather than try to change this feeling, the individual seems to encourage the feeling.

This great picture comes from <http://www.meta-synthesis.com>



When we feel “heavy” when we are walking or running, or “sleepy” or “full” after a meal, then we are feeling the effects of our Earth energy. The Earth energy is working to pull our bodies – physical, emotional, mental, and spiritual – back into the confines of our physical center. Sometimes our bodies are not pulled back in all the way, so we feel “off center”. It is our Earth energy that allows us to taste and to touch. When we feel solid, or stiff, or smooth, or hardness, then we are using our Earth element.

When we feel constrained and our movement seems stiff, or we seem without fluidity, then we know our Water element is blocked. When we feel sticky and emotional and want to cry for no reason, or if we feel depressed, we are feeling Water energy. Congestion and phlegmy coughs tell us that our Water energy is out

of balance. If we see people in need, our Water energy cries out to support them, to be in service. It is our Water energy that allows us to see and to make assumptions or judgements around situations.

We know that when we hear things and feel the mental energy of our brain working that the Air Element is in play. Or, when we have visions, or words come to us unbidden, we may find that our Air Element is changing, and with the change, bringing us new information. Those with a strong air element like to be entertained and to solve puzzles and quizzes. When we are caught up in our Air element, we float on “cloud nine”. Playing, pushing, pulling, and all movement are showing us how we use the Air element.

The Fire Element shows up as heat in our body, as passion and anger. When somebody wrongs us, or we feel something is unfair, then we tend to “burn up” with rage or indignation. We use the heat we carry to show love and affection, to show protection. Healers talk about the amount of heat that is generated when they are working with a client. Attraction heats up with the Fire element.

We have all these great sensations that tell us so much about our bodies and that show us that we are in the present moment. Then, we lose this information by getting into our mind, into our ego, and analysing the information so that the info of the present moment becomes useless.

If you have some time today, meditate on the Nature of your body, and how the Earth changes may affect how your body feels in the Earth element. Meditate on the Oneness, on finding peace in the present moment, and on the Ancestors, who have already experienced the circle of life. Find a prayer that helps you relax, and that slows down your mind. Allow yourself to be here, now, in the present.

© Judith Hirst, July, 2010. This article first appeared on [Angelsandancestors.blogspot.com](http://Angelsandancestors.blogspot.com). 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](http://angelsandancestors.blogspot.com). Contact Judy at [Judy@angelsandancestors.com](mailto:Judy@angelsandancestors.com).

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## JOKE OF THE MONTH

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### Signs on Church Property

- "No God -- No Peace. Know God -- Know Peace."
- "Free Trip to heaven. Details Inside!"
- "Try our Sundays. They are better than Baskin-Robbins."
- "Searching for a new look? Have your faith lifted here!"
- "Have trouble sleeping? We have sermons -- come hear one!"
- "People are like tea bags -- you have to put them in hot water before you know how strong they are."
- "God so loved the world that He did not send a committee."
- "Come in and pray today. Beat the Christmas rush!"
- "When down in the mouth, remember Jonah. He came out all right."
- "Sign broken. Message inside this Sunday."
- "Fight truth decay -- study the Bible daily."
- "How will you spend eternity -- Smoking or Non-smoking?"
- "Dusty Bibles lead to Dirty Lives":
- "It is unlikely there'll be a reduction in the wages of sin."
- "Do not wait for the hearse to take you to church."
- "If you're headed in the wrong direction, God allows U-turns."
- "If you don't like the way you were born, try being born again."

- "This is a ch\_ \_ ch. What is missing?" -----  
> (U R)
- "Forbidden fruit creates many jams."
- "In the dark? Follow the Son."
- "Running low on faith? Stop in for a fill-up."
- "If you can't sleep, don't count sheep. Talk to the Shepherd."



Cartoon from string of email cartoons.

Grace means more than gifts. In grace something is transcended, once and for all overcome. Grace happens in spite of something; it happens in spite of separateness and alienation. Grace means that life is once again united with life, self is reconciled with self. Grace means accepting the abandoned one. Grace transforms fate into a meaningful vocation. It transforms guilt to trust and courage. The word grace has something triumphant in it.

- Yrjo Kallinen

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# CLASSIFIEDS

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## Angel Reading

**Give yourself a gift of an Angel Reading! August Special! 1/2 hour reading by phone \$25.00. Recorded – Visa MasterCard Call Judy at 403-225-2016 if this feels right to you!**

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## Arts

**Festival of the Arts Saturday, August 14, 2010 at 10a.m.-3 p.m. in Turner Valley, AB**, home of the artisans! Meet some of these artisans as they display and sell their creations in the Royalite Millennium Park, in the heart of Turner Valley. Come and explore the hidden gems tucked away along the Cowboy Trail. More - Hazel Martin [hazelm@turnervalley.ca](mailto:hazelm@turnervalley.ca) <http://www.turnervalley.ca>

## 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

**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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## Dogs

**Alberta Kennel Club's Summer Classic, at Spruce Meadows July 30 to August 2, 2010 8 a.m. - 6 p.m.** \$5 for adults, \$2 for youth 12-18 years old Free for children under 12 and seniors Over the lunch hour everyday come watch fun demonstrations on Sheep Herding, Dog Carting, Agility, Dancing Dogs, Rally O' and Obedience! The AKC kindly asks that you leave your family pet at home

**Canine 2010 AAC National Agility Championships August 6 - 8, 2010 at Spruce Meadows Calgary AB** (9:00am to 5:30pm) - To attend the Nationals, a dog must earn a minimum of **350 points at their Regional Championship**. The defending National Champions may bypass their Regional Championship as they are automatically qualified for the Nationals.

## 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 and kid's activities. Check out: <http://www.kimmapiikids.org/> Ad sponsored by Samantha Hussey, CHt, Reiki Master [www.walkinbeauty.ca](http://www.walkinbeauty.ca) Phone: 403 - 668 - 9361

**September 24-27, 2010 - Questers Canada Fall Conference entitled "The Power of Heart"** at the Prestige Harbourfront Resort and Conference Center - in Salmon Arm, BC. See <http://www.questers.ca> for more details.

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## Markets

**Millarville Market** is open Saturday mornings, June 12th thru October 9rd 2010 from 8:30 a.m. until noon. RAIN OR SHINE - More than 170 vendors Parking: \$2.00 per car • NO DOGS ALLOWED Wear your rubber boots if the weather is wet! Directions – west on Hwy 22X then south on Hwy 22, east on Hwy 549 to Millarville Racetrack.

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## Music

**Parks 100th anniversary celebration - free music event at Prairie Winds Park Saturday, August 28, 2010 at 2:00 PM - 5:00 PM** <http://calgary.ca/parks>

This concert in Prairie Winds Park features DJ Rick, Calysto Steel Band, Mandy C., and Valentina. Calgarians are invited to attend concerts in Calgary parks this summer as part of The City of Calgary Parks 100th anniversary celebrations. These free family events will be held once per month from June - September, in a different quadrant of the city. Calgarians are encouraged to attend each event and enjoy local talent in a beautiful outdoor park setting.

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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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## Writers

**Learn What Editors Want! Workshop with Editor / Author Chris Roerden** Saturday, September 25, 2010 at 9:30-4:30 at Greenwood Inn, Calgary. Want to get published? Wonder why one MS is accepted and another rejected? "LEARN WHAT EDITORS WANT!" from Editor / Author Chris Roerden (author of "Don't Murder Your Mystery" and

"Don't Sabotage Your Submission") A full day devoted to helping you get published! For registration and fees and visit <http://www.albertaromancewriters.com>!

## 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

### Native American Code of Ethics



**Dream catcher from [www.easyfreeware.com](http://www.easyfreeware.com)**

1. Rise with the sun to pray. Pray alone. Pray often. The Great Spirit will listen, if you only speak.
2. Be tolerant of those who are lost on their path. Ignorance, conceit, anger, jealousy and greed stem from a lost soul. Pray that they will find guidance.
3. Search for yourself, by yourself. Do not allow others to make your path for you. It is your road, and yours alone. Others may walk it with you, but no one can walk it for you.
4. Treat the guests in your home with much consideration. Serve them the best food, give them the best bed and treat them with respect and honour.
5. Do not take what is not yours whether from a person, a community, the wilderness or from a culture. It was not earned nor given. It is not yours.

6. Respect all things that are placed upon this earth - whether it be people or plant.

7. Honour other people's thoughts, wishes and words. Never interrupt another or mock or rudely mimic them. Allow each person the right to personal expression.

8. Never speak of others in a bad way. The negative energy that you put out into the universe will multiply when it returns to you.

9. All persons make mistakes. And all mistakes can be forgiven.

10. Bad thoughts cause illness of the mind, body and spirit. Practice optimism.

11. Nature is not FOR us, it is a PART of us. They are part of your worldly family.

12. Children are the seeds of our future. Plant love in their hearts and water them with wisdom and life's lessons. When they are grown, give them space to grow.

13. Avoid hurting the hearts of others. The poison of your pain will return to you.

14. Be truthful at all times. Honesty is the test of ones will within this universe.

15. Keep yourself balanced. Your Mental self, Spiritual self, Emotional self, and Physical self - all need to be strong, pure and healthy. Work out the body to strengthen the mind. Grow rich in spirit to cure emotional ails.

16. Make conscious decisions as to who you will be and how you will react. Be responsible for your own actions.

17. Respect the privacy and personal space of others. Do not touch the personal property of others - especially sacred and religious objects. This is forbidden.

18. Be true to yourself first. You cannot nurture and help others if you cannot nurture and help yourself first.

19. Respect others religious beliefs. Do not force your belief on others.

20. Share your good fortune with others. Participate in charity.

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This originally appeared in the "Inter-Tribal Times,"  
October, 1994



## 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 is to be made at the time of booking. We accept cash, Visa, MasterCard or in person for a Debit payment.**



Trout pond created by the beavers cleverly building a long dam. Taken in the South Kananaskis mountains by Judy Hirst, July 2010.

## 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.



**82" x 36" copper surface  
copper foil edging  
seamless  
mounted on 1/2" plywood  
\$477**



### **Accessories: \$125**

- 1. head piece**
- 2. cuffs**
- 3. plates and wires**

**Available exclusively from:  
Angels and Ancestors  
403-225-2016  
info@angelsandancestors.com**