



ANGELS AND ANCESTORS MAGAZINE

SHARING THE NATURAL WISDOM OF THE EARTH AND ITS INHABITANTS

In This Issue:

*40 Ways To Let Go
& Feel Less Pain
p. 6*

*Create Your Life
Handbook p.14*



**RECONSTRUCTING WHO YOU ARE!
SEPTEMBER 2010 Volume 4 Issue 12
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ANGELS AND ANCESTORS

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

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

Namaste! - Judy and Roger

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ANGELS AND ANCESTORS



VOLUME 4 ISSUE 12 SEPTEMBER 2010
Since 2006

THIS MONTH

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FROM THE EDITORS



Cover Picture: The cover picture is called “Dam” the change! Picture of a trout pond, reconstructed by beavers who dammed up the creek and reformed the area. This picture was shot by Judy Hirst in July when she and Roger hiked along some of the creeks and rivers in the south part of the Kananaskis Mountains.

DEAR READERS,

August finds all of us changing who we are. Students change their appearance and buy those things that they think will support their new look for the “back to school” event. Business people have either shed a few pounds or added some pounds and possibly some tanning after holidaying over the summer. Families may have bonded more tightly and healed some family rifts through summer vacation time and visits to relatives. Or, families may have created chasms that did not exist before because they could not get along through family time. Others have taken inventory of character traits and labelled them as flaws which they will change come September when they can get back into a “routine”.

September, then, with its changing weather and the changing leaves – green to red and gold – is a time for us to solidify what we would like to change. The beautiful colours of the leaves reflect all the colours of our chakras. The changes that we make are also reflective of what is going on in our various chakras. Sometimes we need helpful hints for making these changes.

That is why this issue is called “Reconstructing Who You Are!” We have included a milieu of different ideas from food to events to ideas for changing life styles. We are not a typical self help magazine. However this issue

does have that feel to it. Our intent is to be helpful and not judgemental.

The article, “Spirit Speaks – Deconstruction of Self” was a blog that I wrote in August, channelling the information from my guides. The article talks about how we are all in the process of breaking ourselves down.

I like to decide on the changes that I want to make, and then set the intention to release that which serves me not and solidify new thought patterns in time for the Autumn Equinox. Using the power of the Equinox to shift energy has been a catalyst for me to move forward with major life changes.

I like to use ceremony to do this because the rituals that our Ancestors used are actually within our cellular memory. Therefore making a body, mind and spirit change in our lives means that if we want to make great change, the change is easier if we can do it from the roots of our being, in our cells. Roger and I have hosted an Autumn Equinox Celebration for the last six years and we will do so again this year, on Saturday, September 18th, in anticipation of Equinox on the 21st.

What if you aren’t able to join with others for celebration? Or, what if you feel the need to do some ritual now? What can you use? I like this little “**Take Out The Trash**” ritual that I learned in the early 90’s. The routine helps you assert what you wish to clear from your life to allow new positive feelings and thoughts to come into your awareness to help change your actions.

Whenever you find something you don’t like. Write it down, destroy the paper, and throw it into the trash. By doing this, you are telling the universe, I want to be done with this problem, please help me work through it and be done with it. I use the words, “Dear Universe, please clean up this issue. Thank you. I am grateful!”

A related technique is the “burning bowl” ceremony. Write two lists. One is for all the thoughts and personal traits that you want to get rid of. The other is for the positive thoughts and traits that will fill the vacuum created by the departing thoughts. Then put your release list into the bowl, and set the paper on fire. I use a clay bowl, however, you can also use a shell or a cereal bowl, lined with tinfoil to make clean up easy.

Whatever you decide to change, Roger and I wish you success with it! Namaste! ■

ANGELS EVENTS LISTING

OCTOBER

SEPTEMBER

September 6 2010 Monday New Moon Meditation 7:00pm – 9:00pm, By Donation

"Develop from the heart, meditate on love, live love, absorb love, give love, and your soul will become alight." -From White Eagle's teachings. Join us as White Eagle, warrior, Ascended Master, and member of the council of The Great White Brotherhood, comes in to guide us on meditations. Call Judy 403-225-2016 to register, or email judy@angelsandancestors.com. Directions provided upon registration. More info [here](#)

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>.

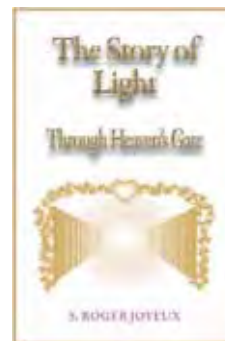
SATURDAY September 18 2010 Fall Equinox Celebration with Angels And Ancestors 6:00 pm Potluck 8:00pm Celebration & Ceremony – Call Judy 403-225-2016 or email judy@angelsandancestors.com for more details.

September 24 -27 2010 Saturday Questers Canada Fall Conference "THE POWER OF HEART" in Salmon Arm BC, 2:00 p.m. workshop Roger Joyeux: "Emotional Body Clearing and Healing" - The emotional body is a valuable innovation to empower individuals, but it can be the downfall just as easily. After presenting the mind with how it all works, he will then lead you through spiritual exercises that will help you clear and heal the negative emotional patterns of an imbalanced emotional body that may be causing you problems. Book your trip to the Quester's conference at <http://questers.ca/docs/fall/2010%20Fall%20Registration%20Form.pdf>

October 7 2010 Thursday New Moon Meditation 7:00pm – 9:00pm, By Donation

A gentle soul, Grandmother Spider will be the guest in our circle, and will teach us about ourselves as she leads us in a series of short meditations. Call Judy 403-225-2016 to register, or email judy@angelsandancestors.com. Directions provided upon registration. More info [here](#).

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



by S. Roger Joyeux

*The Story of Light:
Volume 2, Through Heaven's Gate*

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2010, Antara Publishing
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*Sometimes, if you stand on the bottom rail of a bridge and lean over to watch the river slipping slowly away beneath you, you will suddenly know everything there is to be known.
-- Pooh's Little Instruction Book, inspired by A. A. Milne*

40 WAYS TO LET GO AND FEEL LESS PAIN

By Lori Deschene



Eckhart Tolle believes we create and maintain problems because they give us a sense of identity. Perhaps this explains why we often hold onto our pain far beyond its ability to serve us.

We replay past mistakes over and over again in our head, allowing feelings of shame and regret to shape our actions in the present. We cling to frustration and worry about the future, as if the act of fixation somehow gives us power. We hold stress in our minds and bodies, potentially creating serious health issues, and accept that state of tension as the norm.

Though it may sound simple, Ajahn Chah's advice speaks volumes:

"If you let go a little, you will have a little peace. If you let go a lot, you will have a lot of peace."

There will never be a time when life is simple. There will always be time to practice accepting that. Every moment is a chance to let go and feel peaceful. Here are 40 ideas to get started:

Let Go Of Frustration with Yourself/Your Life

1. **Learn a new skill** instead of dwelling on the skills you never mastered.
2. **Change your perception**—see the root cause as a blessing in disguise.
3. **Cry it out.** According to Dr. William Frey II, PH.D., biochemist at the Ramset Medical Center in Minneapolis

crying away your negative feelings releases harmful chemicals that build up in your body due to stress.

4. **Channel your discontent into an immediate positive action**—make some calls about new job opportunities, or walk to the community center to volunteer.
5. **Use meditation or yoga to bring you into the present moment** (instead of dwelling on the past of worrying about the future.)
6. **Make a list of your accomplishments—even the small ones— and add to it daily.** You'll have to let go of a little discontentment to make space for this self satisfaction.
7. **Visualize a box in your head labeled "Expectations."** Whenever you start dwelling on how things SHOULD BE or SHOULD HAVE BEEN, mentally shelve the thoughts in this box.
8. **Engage in a physical activity.** Exercise decreases stress hormones and increases endorphins, chemicals that improve your state of mind.
9. **Focus all your energy on something you can actually control,** instead of dwelling on things you can't.
10. **Express your feelings through a creative outlet, like blogging or painting.** Add this to your to-do list and cross it off when you're done. This gives you permission to shift your focus after the activity.

Let go of Anger and Bitterness

11. **Feel it fully.** If you stifle your feelings, they may leak out and affect everyone around you—not just the person who inspired your anger. Before you can let go of any emotion you have to feel it fully.
12. **Give yourself a rant window.** Let yourself vent for a day before confronting the person who troubled you. This will diffuse the hostility and give you time to plan a rational confrontation.
13. **Remind yourself that anger hurts you more than the person who upset you,** and visualize it melting away as an act of kindness to yourself.
14. **Use Psychologist Steven Stosny's HEALS technique** to prevent impulsive action, which will only prolong the negative feelings.
15. **Take responsibility.** Many times when you're angry, you focus on what someone else did that was

wrong—which essentially gives away your power. When you focus on what YOU could have done better, you often feel empowered and less bitter.

16. Put yourself in the offender's shoes. We all make mistakes; and odds are you could have easily slipped up just like your husband, father, or friend did. Compassion dissolves anger.

17. Metaphorically throw it away; i.e., jog on the beach with a backpack full of tennis balls. After you've built up a bit of rush, toss the balls one by one, labeling each as a part of your anger. (You'll need to retrieve these—litter angers the earth!)

18. Use a stress ball, and express your anger physically and vocally when you use it. Make a scrunched up face or grunt. You may feel silly, but this allows you to actually express what you're feeling inside.

19. Wear a rubber band on your wrist, and gently flick it when you start obsessing on angry thoughts. This trains your mind to associate that type of persistent negativity with something unpleasant.

20. Remind yourself these are your only three options: remove yourself from the situation, change it, or accept it. These acts create happiness; holding onto bitterness never does.

Let Go Of Past Relationships

21. Identify what the experience taught you to help develop a sense of closure.

22. Write everything you want to express in a letter. Even if you choose not to send it, clarifying your feelings will help you come to terms with reality as it is now.

23. Remember both the good and the bad. Even if appears this way now, the past was not perfect. Acknowledging this may minimize your sense of loss. As Laura Oliver says, "It's easier to let go of a human than a hero."

24. Un-romanticize the way you view love. Of course you'll feel devastated if you believe you lost your soul mate. If you think you can find a love that amazing or better again it will be easier to move on.

25. Visualize an empowered single you—the person you were before meeting your last love. That person was pretty awesome, and now you have the chance to be him or her again.

26. Create a space that reflects your present reality. Take down his pictures; delete her emails from your saved folder.

27. Reward yourself for small acts of acceptance. Get a facial after you delete his number from your phone, or head to the local bar after putting all her things in a box.

28. Hang this statement somewhere you can see it. "Letting go is love. Holding on is attachment."

29. Replace your emotional thoughts with facts. When you think, "I'll never feel loved again!" don't resist that feeling. Instead, move on to another thought, like "I learned a new song for karaoke tonight."

30. Use the silly voice technique. According to Russ Harris, author of *THE HAPPINESS TRAP*, swapping the voice in your head with a cartoon voice will help take back power from the troubling thought.

Let Go Of Stress

31. Use a deep breathing technique, like ujayii, to soothe yourself and seep into the present moment.

32. Immerse yourself in a group activity. Enjoying the people in your life may help put your problems in perspective.

33. Consider this quotation by Eckhart Tolle: "Worry pretends to be necessary but serves no useful purpose." Questioning how your stress serves you may help you let it go.

34. Metaphorically release it. Write down all your stresses and toss the paper into your fireplace.

35. Replace your thoughts. Notice when you begin thinking about something that stresses you so you can shift your thought process to something more pleasant—like your passion for your hobby.

36. Take a sauna break. Studies reveal that people who go to sauna at least twice a week for 10-30 minutes are less stressed after work than others with similar jobs who don't.

37. Use this clever technique by Peak Personal Performance to fully digest and release your stress about a situation.

38. Organize your desk. According to Georgia Witkin, assistant director of psychiatry at Mount Sinai School of Medicine, completing a small task increases your sense of control and decreases your stress level.

39. **Use it up.** Make two lists: one with the root causes of your stress, and one with actions to address them. As you complete these tasks, visualize yourself utilizing and depleting your “stress supply.”

40. **Laugh it out.** Research shows that laughter soothes tension, improves your immune system, and even eases pain. If you can’t relax for long, start with just ten minutes watching a funny video on YouTube.

It’s a long list, but there’s much left to be said! Can you think of anything to add to this list—other areas of life where we need to practice letting go, and other techniques to start doing it 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.

SPIRIT SPEAKS – DECONSTRUCTION OF SELF

By Judy Hirst



Picture of deconstruction from www.knoxnews.com

Since January 2010, all people in the world have been feeling an intense energy, an energy so big that it makes them do crazy things. This energy also makes people angry, irritable, and sad; sometimes all at the same time! What in the world is going on in our emotions? Old feelings, forgotten memories and new appreciations for the situations are popping into our heads.

What is happening to all of us is that we are deconstructing our lives. Where we used to spend a lot of time living in the past or planning for the future, we are being forced to stay in the now moment and examine

instances when we “remember” ourselves as a victim. We are in the process of taking back our power. To do that, we must remember those moments when we gave up our power, and we must see those events in a different way.

Deconstructing the self is painful, and causes us heart pain, head pain, and ego pain. Before it ends, we may feel like we are going crazy! The emotional ride is a trip worthy of the highest and fastest roller coaster. At the end, there is calmness. It may start all over in several days because we have so many levels of complexity in our lives. And we need to deconstruct all our relationships, too. For some of us, that can be a very long and emotional look at our history.

There is an end to this process. So, keeping that in mind, let go of any wish to stop the process, and go with it! You will be clean, like a brand new house, and ready for a new life.

© Judith Hirst, August 2, 2010. This article first appeared on Angelsandancestors.blogspot.com, and it has been changed slightly for the magazine format. Judith is a Non-traditional Shaman. She works with Great Spirit, the Ancestors, the Goddesses and Gods, and angelic realms. She writes, teaches workshops, coaches, and assists clients help themselves on healing their body. See her blog at angelsandancestors.blogspot.com. Judy has a new blog dealing with software at softwareislikeanion.blogspot.com



From an email full of cartoons.... Source unknown.

LIVING HEALTH



"To show support for Daddy's low cholesterol diet, we'll all be eating porridge for breakfast."

Cartoon from email.. source unknown.

4 TREATMENTS FOR FIBROMYALGIA

By Mehmet Oz, MD

Defining Fibromyalgia: Though classified as a disorder of the musculoskeletal system, the condition is now seen as a central nervous system problem. Symptoms include increased sensitivity to pain, achy and stiff joints, fatigue, and specific tender points on the back, chest, arms, and legs. Migraines, sleep disorders, and irritable bowel syndrome are also common complaints. Up to 3 percent of the population may suffer from fibromyalgia, but with no clear cause, the condition is difficult to diagnose.

Western Medicine Approach: A formal diagnosis for fibromyalgia didn't exist until 1990, but now there are three FDA-approved meds to combat the pain. Still, says Nancy Klimas, MD, director of the Allergy and Immunology Clinic at the University of Miami, "there is much more to treatment than a pill." Strategies are needed to improve sleep, stretch and restore symmetry to muscles that have been shortened by spasm, and raise overall conditioning through exercise.

Energy-Based Approach: Practitioners believe the root of fibromyalgia is a disturbance in nerves that blocks energy. The disturbance, says Devi S. Nambudripad, MD, PhD, and a licensed acupuncturist, is caused by sensitivities to substances ranging from pollen to vaccines to chemical agents in fabrics.

Anxiety and depression may also play a part. Practitioners use acupuncture to release energy and allergy testing to identify problem substances.

Psychological Approach: "The pain of fibromyalgia is not caused by depression," says Leonard Jason, PhD, professor of psychology at DePaul University, "but depression can deepen a patient's experience of pain." Mental health professionals may play a complementary role in treatment, but it's a vital one. Cognitive behavioral therapy can relieve depression and help patients identify sources of stress that magnify their symptoms.

Nutrition-Based Approach: Fibromyalgia is a systemwide breakdown, says Jacob Teitelbaum, MD, medical director of the nationwide Fibromyalgia & Fatigue Centers. After suffering from the disease in the 1970s, he developed his own protocol; in studies, patients improved by as much as 91 percent. He recommends supplements to help sufferers sleep, balance hormones, boost immunity, and improve nutrition. He also prescribes regular exercise. (Try Dr. Oz's 20-minute workout plan. See footnote #1.)

My Recommendation: Because Western medicine was slow to accept fibromyalgia, it is behind in its work; this is an area where patients will want to take a serious look at alternative approaches. Energy-based medicine could offer some important advances in treatment over the next decade, but since it has yet to be tested by independent research, I think it's premature to base your therapy solely on this approach. I'm more impressed by Teitelbaum's (see footnote 2 and 3) supplement regimen, and not only because he has tested his theories: I've put patients on this program with very good results. I would add counseling, as it should always be a part of fibromyalgia treatment. If after a couple of months you don't see improvement, talk to your doctor about drug therapy.

1. <http://www.oprah.com/health/Dr-Ozs-20-Minute-Workout/1>
2. *Pain Free 1-2-3: A Proven Program for Eliminating Chronic Pain Now* by Dr. Jacob Teitelbaum
3. *From Fatigued to Fantastic! A Clinically Proven Program to Regain Vibrant Health and Overcome Chronic Fatigue and Fibromyalgia* by Dr. Jacob Teitelbaum

Editor's note: This article is from O, The Oprah Magazine / August 11, 2009, and is published under the Creative Commons licensing.

FROM JUDY'S KITCHEN – RECIPES FOR FALL



BAKED EGGS IN BREAD BOWLS

Amounts for this recipe are not set and are dependant on how many you are making.

Crusty dinner rolls, as many as you choose
Eggs, large, one for each roll
Mixed herbs, chopped, such as, parsley, chives and tarragon, about a teaspoon for each roll
Heavy cream, 1 teaspoon for each roll
Salt and pepper
Parmesan cheese, grated, as much as you want to sprinkle on each roll

Slice off top of each dinner roll and gently remove some bread until there is a hole large enough to accommodate an egg. Arrange rolls on a baking sheet. Reserve tops. Crack an egg into each roll. Top each egg with some herbs and a bit of cream. Season with salt and pepper. Sprinkle with Parmesan. Bake in a 350 degree oven until eggs are set and bread is toasted 20 to 25 minutes. After eggs have cooked for 20 minutes, place bread tops on baking sheet and bake until golden brown. Let sit 5 minutes.

Place tops on rolls and serve warm.

YUMMY HAM-AND-BEAN SOUP

This hearty and satisfying soup is mildly spiced to warm up your taste buds -- and your tummy. It is a great lunch time treat.

Cooking time 18 minutes Preparation time 10 minutes
Makes 4 to 5 servings

3 large carrots, peeled
3 garlic cloves

1 onion
1 tbsp (15 mL) olive oil
1 tsp (5 mL) each paprika, chili powder, dried oregano leaves and salt
2 large tomatoes
1-1/2 cups (375 mL) chopped ham (If you do not have ham, use bacon, but only use ½ a cup.)
2 cups (500 mL) water
10 oz (284 mL) can undiluted chicken broth
19 oz (540 mL) can black beans or drained kidney beans
1/3 cup (75 mL) chopped fresh parsley
1 tsp (5 mL) Tabasco sauce (optional – I do not add this.)

1. Slice carrots into thin rounds. Mince garlic. Coarsely chop onion. Coat a large saucepan with oil and set over medium-high heat. Add carrots, garlic and onion. Sprinkle with paprika, chili powder, oregano and salt. Stir occasionally until onion is softened, about 5 minutes.
2. While onion is cooking, coarsely chop tomatoes. Add ham to onion mixture and stir often until ham is lightly browned, about 2 minutes. Add tomatoes, water, undiluted chicken broth and corn. Using a wooden spoon, scrape up and stir in brown bits from pan bottom to add flavour. Bring to boil, then reduce heat to medium-low. Cover and simmer, stirring occasionally, to develop flavour, 8 minutes.
3. Meanwhile, drain and rinse beans. Add to pan and stir often until warm, 3 minutes. Remove from heat. Stir in parsley and Tabasco.

VEGETARIAN EGGPLANT AND RED PEPPER PASTA SAUCE

This is soooo good! And, it is easy to make. Cooking time 18 minutes Preparation time 20 minutes

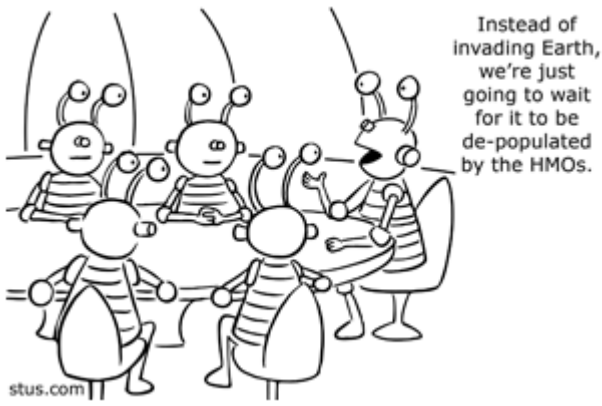
Makes 6 cups (1.5 L) sauce, enough to coat 1/2 lb (250 g) pasta

Ingredients

- 2 tbsp (30 mL) olive oil
- 1 large eggplant, peeled and cut into 3/4 inch (2 cm) cubes
- 1 onion, finely chopped
- 1 garlic clove, minced
- 2 large sweet peppers, seeded and coarsely chopped
- 1 lb (500 g) plum tomatoes, about 9, chopped into chunks

- 2 tbsp (30 mL) balsamic vinegar
 - 3/4 tsp (4 mL) salt
 - 1/4 tsp (1 mL) freshly ground black pepper
 - 1 tsp (5 mL) granulated sugar (optional)
 - 1/2 cup (125 mL) shredded or chopped fresh basil
 - 1/2 cup (125 mL) grated pecorino, Romano or Parmesan cheese
1. Heat oil in a large frying pan set over medium-high heat. Add eggplant and cook, stirring often, until it begins to brown, from 5 to 8 minutes. Reduce heat to medium and add onion and garlic. Cook, stirring often, for 3 minutes.
 2. Stir in sweet peppers, tomatoes, including seeds and juice, vinegar, salt and pepper. Bring to a simmer and cook, uncovered, over medium-low heat and stirring often, until eggplant is tender, from 10 to 15 minutes. Taste. If eggplant is bitter, stir in up to 1 teaspoon (5 mL) sugar. If making sauce ahead, refrigerate for up to 1 day. Reheat, stirring often, over low heat or in a microwave. Just before serving, toss with pasta, basil and cheese.

^^



Cartoon from email, source unknown

LIVING OUTSIDE THE CIRCLE

I always feel so unworthy of love. I feel this makes me keep my door closed and now my heart is suffering but I have forgotten where the door is.

It is one of the crimes that has been committed against everybody everywhere in human society: you have been continuously conditioned and told that you are unworthy.

Because of this conditioning, the major part of humanity has given up even desiring any adventure, any pilgrimage to the stars; they are so convinced of their unworthiness. Their parents were telling them, “You are unworthy.” Their teachers were telling them, “You are unworthy.” Their priests were telling them, “You are unworthy.” Everybody was forcing the idea on them that they were unworthy. Naturally they accepted the idea.

Once you accept the idea of unworthiness, you naturally close. You cannot believe that you have wings, that the whole sky is yours, that you have just to open your wings and the sky is going to be yours, with all its stars.

It is not a question of somewhere you have forgot to open one door. You don't *have* any doors, you don't have any walls. This unworthiness is simply a concept, an idea. You have become hypnotized by the idea.

Since the very beginning, all cultures, all societies have been using hypnotism to destroy individuals — their freedom, their uniqueness, their genius — because the vested interests are not in need of geniuses, not in need of unique individuals, not in need of people who love freedom. They are in need of slaves, and the only psychological way to create slaves is to condition your mind that you are unworthy, that you don't deserve anything; that you don't even deserve whatever you have, you should not go for anything more. Already you owe too much for things which you are not worthy of.

Hypnotism is a simple process of continuous repetition. Just go on repeating a certain idea and it starts settling inside you, and it becomes a thick wall, invisible. There are no doors, no windows; there is no wall either.

George Gurdjieff has remembered his childhood.... He was born in the Caucasus, one of the most primitive parts of the world. It is still at the stage where humanity was when it lived through hunting; even cultivation has not started. The people of the Caucasus are great hunters and

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

any society that lives by hunting is bound to be a nomadic society. It cannot make houses, it cannot make cities, because you cannot depend on animals. Today they are available here, tomorrow they are not available here. Certainly you will kill them, and because of your presence they will escape; either they will be killed or they will escape.

Gurdjieff was brought up by a nomadic society, so he was coming from almost another planet. He knew a few things which we have forgotten. He remembers that in his childhood the nomads hypnotized their children, because they cannot carry them continuously while they are hunting. They have to leave them somewhere under a tree, in a safe place. But what is the guarantee that those children will remain there? They have to be hypnotized. So they used a small strategy, and they have used it for centuries.

From the very beginning when the child is very small, they will make him sit under a tree. They will draw a circle around the child with a stick and tell him, "You cannot go out of this circle; if you go out of it, you will be dead."

Now those small children believe, just like you. Why are you Christian?...because your parents told you. Why are you Hindus? Why are you Jainas? Why are you Mohammedans?...because your parents told you.

Those children believe that if they go out of the circle they will die. They grow up with this conditioning. You may try to persuade them: "Come out, I will give you a sweet." They cannot, because death.... Even sometimes if they try, they feel as if an invisible wall prevents them, pushes them back into the circle. That wall exists only in their minds; there is no wall, there is nothing. Unless the person who has put them in the circle comes and withdraws the circle, takes the child out, the child remains inside.

The child goes on growing but the idea remains in the unconscious. So even an old man, if his father draws a circle around him, cannot get out of it. So it is not only a question of the child; the old man also still carries his childhood in his unconscious. It is not a question of one child. The whole group of nomads have put their children under trees nearby, and all the children are sitting there the whole day long. By the time their parents come back, it has become such a conditioning that no matter what happens, the child will not leave the circle.

Exactly the same kind of circles are drawn around you

by your society. Of course they are more sophisticated. Your religion is nothing but a circle, but very sophisticated; your church, your temple, your holy book is nothing but a hypnotic circle.

One has to understand that one is living surrounded by many circles which are only in your mind. They don't have a real existence, but they function almost as if they are real.

It is simply a conditioning that you are unworthy. Nobody is unworthy. Existence does not produce people who are unworthy. Existence is not unintelligent. If existence produces so many unworthy people, then the whole responsibility goes to existence. Then it can be definitely concluded that existence is not intelligent, that there is no intelligence behind it, that it is an unintelligent, accidental materialist phenomenon and there is no consciousness in it. This is our whole fight, our whole struggle: to prove that existence is intelligent, that existence is immensely conscious.

It is the same existence which creates Gautam Buddhas. It cannot create unworthy people. You are not unworthy. So there is no question of finding a door; there is only an understanding that unworthiness is a false idea imposed on you by those who want you to be a slave for your whole life.

You can drop it just right now. Existence gives the same sun to you as to Gautam Buddha, the same moon as to Zarathustra, the same wind as to Mahavira, the same rain as to Jesus. It makes no difference; it has no idea of discrimination. For existence, Gautam Buddha, Zarathustra, Lao Tzu, Bodhidharma, Kabir, Nanak or you are just the same. The only difference is that Gautam Buddha did not accept the idea of being unworthy, he rejected the idea.

So drop the idea of unworthiness, it is simply an idea. And with the dropping of it, you are under the sky. There is no question of doors; everything is open, all directions are open. That you are is enough to prove that existence needs you, loves you, nourishes you, respects you.

The idea of unworthiness is created by the social parasites. Drop that idea. Be grateful to existence...because it only creates people who are worthy, it never creates anything which is worthless. It only creates people who are needed.

My emphasis is that every sannyasin should respect himself and feel grateful to existence that he has been required to be here at this juncture of time and space.

So drop the idea of unworthiness, it is simply an idea. And with the dropping of it, you are under the sky; there is no question of doors, everything is open, all directions are open. That you *are* is enough to prove that existence needs you, loves you, nourishes you, respects you. The idea of unworthiness is created by the social parasites. Drop that idea. And be grateful to existence, because it only creates people who are worthy, it never creates anything which is worthless. It only creates people who are needed.

My emphasis is that every sannyasin should respect himself and feel grateful to existence that he has been required to be here at this juncture of time and space.

Osho,

There is a Sufi saying that no human being can avoid his fate. This is a world of limitations – blessed are those who gain a taste of the limitless, despite this fact. A famous astrologer and composer, Dane Rudhyar, who was a friend of George Gurdjieff, said, “The old idea of astrology that experience happens to human beings is not true. On the contrary, human beings happen to their experience.”

My observation is that every astrologer who is courageous enough will find out that Gurdjieff is true when he says, “Man is a machine.”

On the other hand, my experience with you, Christ, and Buddhist teachers has revealed the existence of the limitless in the midst of limitations. While religiousness opens the doors to the limitless, astrology studies the world of forms and limitations. And without the first, the second could have become intolerable to me. Now, slowly, slowly, the formless and the form seem to meet and marry inside of me.

Would you please comment?

George Gurdjieff is right when he says that man is a machine, but by *man* he means all those who are living unconsciously, who are not aware, who are not awake, who do not respond to reality but only react. Ninety-nine point nine percent of human beings are in the category of machines. With these machines, astrology is possible. In fact, predictions can be made, guarantees can be issued only about machines. A watch can be guaranteed for five years, a car can be guaranteed for a certain time, because we know the capacity of the machine, how much it can work, how long it can go. Its scope is limited. And it cannot do anything on its own accord, it can only react to situations, which are almost predictable.

For example, at a certain stage a boy and a girl will become sexually mature, and their hormones and their

biology will start forcing them towards each other. They will call it love because nobody wants to be categorized as a machine. But two machines cannot love, two machines can only be together, can struggle, can stumble against each other.

Editor's Note: This is an excerpt from the talks written by Osho, from the book, "Beyond Enlightenment", and comes from Talk #31. To read the complete talk, please refer to the book.

"LOST"

by David Wagoner

Stand still. The trees ahead and bushes
beside you
Are not lost.

Wherever you are is called Here,
And you must treat it as a powerful stranger,
Must ask permission to know it and be known.

The forest breathes. Listen. It answers,
I have made this place around you.

If you leave it, you may come back again,
saying Here.

No two trees are the same to Raven.
No two branches are the same to Wren.

If what a tree or a bush does is lost on you,
You are surely lost. Stand still. The forest
knows where you are.

You must let it find you.

∞

CREATE YOUR LIFE HANDBOOK

By Celestine Chua

One of the key tools I found critical in my pursuit of personal growth and living a purposeful life is creating my own life handbook. What do I mean by a life handbook?

A **life handbook**, to put it simply, is your manual that contains anything and everything important in living your life, from your life purpose, adages, life learnings, long-term goals, short-term goals, strategies, plans, right down to your daily tasks. Just as the Bible is the guidebook that reflects the doctrine and creed of Christianity, your life handbook is your map towards living your best possible life.

The idea of having a life handbook came to me over a year ago. In 2006, I realized my life passion to help people grow before I started my corporate job. At that point, I made the decision to enter the corporate world anyway for growth purposes, but promised myself to keep in mind my passion and pursue it full-time one day.

Fast forward to a year later in 2007, and what did I have? Absolutely no progress on my passion whatsoever! And it wasn't because I had lost interest in it. It was simply because I was so busy juggling my busy work schedule and my daily life that I had no mental energy left to think about my passion at the end of the day. This was the same for most of my Quadrant 2 goals.

Quadrant diagram from STEPHEN COVEY'S BOOK *7 Habits of Highly Effective People*.

	Urgent	Non Urgent
Important	Q-1 Quadrant of Necessity Examples: Deadline-driven projects, crises, resolving immediate problems.	Q-2 Quadrant of Quality and Personal Leadership Examples: Problem prevention, relationship building, finding your life partner, building your dream career, personal development, improving your health.
Not Important	Q-3 Quadrant of Deception Examples: Interruptions, certain phone calls/emails/meetings/reports, certain pressing matters.	Q-4 Quadrant of Waste Examples: Time wasters, surfing TV channels, mindless web surfing/chatting, etc.

Besides that, I also noticed there were a lot of valuable learnings I was getting in life and in the course of my work were either lost over time or stashed away

somewhere in my latent memory. I wasn't proactively utilizing those learnings and maximizing what I could get out of my encounters. It was not effective to constantly keep them in my conscious memory either, since it would prevent me from utilizing all of my mental capacity with the daily events in my life. While I made an effort to pen them in notebooks and documents, they were often strewn all over the place and it was a chore just trying to keep up with them.

When I troubleshoot-ed the whole situation, I realized it was because **I was lacking a central system to hold my life around**. If I were to create a one single document which lay out the blueprint on how I could get the best out of life; If I were to refer to this document as my sole reference point every day, it would enable me to be much more focused and effective. A lot of unnecessary rework I had been experiencing would be cut away. This would be the only place where I document everything that is noteworthy and it would serve as the guide for my everyday thinking, decisions, actions to be the best I can be.

Benefits Of Creating Your Life Handbook

A life handbook is **incredibly powerful** in many ways. First and foremost, having this document is **your key enabler to becoming a true leader of your life**. It is where you get reminded of your life

purpose/vision, your adages and all your goals so you can continuously steer in the right direction. Having this level of clarity gives you instant focus, helps you take command of your life and ignore everything else that do not matter.

Secondly, it grants you **increased mental resources**. Think of your brain as a mental hard drive that has only 10meg of memory. Because this 10meg of mental space is so limited and precious, you want to use it wholly for the task you are working on at any point in time (and become more productive in the process), rather than using it to store information you don't need currently. A life handbook is like an external, unlimited hard drive where you dump everything that you can ever possibly need so you can refer it to the future vs storing it in your mind.

Thirdly, it makes you **highly organized**. There are a lot of different things we have to juggle with everyday – from pursuing our goals, tackling obstacles that surface, managing across different long-term and short-term priorities, to doing our day-to-day tasks. All these makes it very easy to get into disarray. In a bid to become more

organized, you may start using post-it notes, create to-do lists, buy personal organizers, etc. However, over time, just trying to keep up with these lists becomes a task in itself to upkeep, which defeats the whole purpose of using them to begin with! A life handbook, on the other hand, keeps you highly organized as it serves as the singular one central medium where you store the information you need.

Fourthly, it makes you **much more effective**. Have you ever found yourself looping in certain behaviors which prevent you from moving forward? Do you ever feel you seem to be stuck in situations even though you have encountered similar ones before? In your life handbook, you document learnings you gained from your experiences, so that you can always reference back to make better decisions in the future. This allows you to move forward in becoming the best person you can be rather than repeat your footsteps from the past.

How to Create Your Life Handbook

There is no hard and fast rule on how a life handbook should be; it is up to your personal jurisdiction on how you want it to be like. It can be in the form of a book, a personal organizer,

a soft copy, an online document, etc. I find **creating digital softcopies via processing softwares much more effective** since 1) You can easily edit the information 2) It has in-built functions to organize information readily 3) It is transferable across different mediums. My personal recommendations will be a word document or spread sheet due to their information processing capabilities.

When creating your life handbook, bear in mind that this is just like your life's blueprint. It should contain anything and everything that is important to live your best life. Below is a good starting point on what you should put:

1. Your life purpose/vision
2. What defines you as a person; Your strengths and improvement areas
3. Your life adages
4. Your goals

While the above may seem a bit hefty and overwhelming, there is no need for you to finish writing everything in one sitting; neither is it logical to expect that. You will find that simply writing out this document requires a high degree of self awareness and clarity on your life. Take as much time as you need to introspect upon the areas above. The handbook will always remain as a work-in-progress document. There will never be a point when it is 'finished', since you are constantly updating it as you live through life, get new learnings, achieve your goals and aim for higher grounds. Make it a daily habit to update your handbook every day, even if it is just 5 minutes each time.

I first started working on my life handbook in early 2008, in an excel sheet. When I wasn't busy working, I would be laying out its bricks, chipping in little bits everyday and working on it for longer periods over the weekends. It was about a couple of months before I finally felt the basic foundation of the document was in place. 1 year later today, my handbook has become a massive workbook with nearly 20 sheets chocked full of wisdom, learnings and information paramount to me and my life.

When creating your life handbook, bear in mind that this is just like your life's blueprint. It should contain anything and everything that is important to live your best life.

Below is an outline of my handbook:

1. My overall life purpose/vision
2. My life-long goals
3. My values and overall life adages based on what I have learnt
4. My strengths; My improvement areas and blind spots
5. List of things that motivates me in life
6. My long-term and short-term goals
7. My strategies, plans and tracking for those goals
8. Inspirational quotes
9. Miscellaneous information which I access frequently: My finances, my credit card info, grocery lists, etc

THE LOWEST GOOD

By David Spangler

On these warm, sunny, lazy days of August, no one should be inside reading essays on computers (or writing them), so I shall keep this month's remarks short. Continuing on from some of the themes started last month about the importance of the immediate, the specific, and the particular, I want to explore the idea of the lowest good.

The lowest good?

In prayers and blessings, we often ask that the "highest good be done" or that an individual receive what is for his or her "highest good." We say this when we're not sure just what to ask for on another's behalf. After all, we don't want our vision of what might be good or our lack of knowledge to limit what might otherwise manifest. Whatever happens as a result of our prayers and blessings, we certainly want it to enhance the recipient's well-being; we don't want to do harm or make matters worse. We want our prayers and blessings to bring about the best for their intended recipient, something we may not know how to define or describe. Hence the default position: let it be for this person's highest good.

There is nothing wrong with this much of the time. Indeed, many times it is the most appropriate thing we can ask for, especially when we have no idea what is needed or how to help a person. There are situations in which we are truly powerless to make a difference or to offer help, either through lack of resources or knowledge or because someone else is better positioned or trained to give the help that is needed. At such times, the appropriate action is to step back and pray that the highest good be manifest.

But often we do know something we can do to help, some specific act that can make a person's life better in the moment. It might not completely solve the problem; it might not be transformative. It might not be everything a person may want or need. But it is something, a "widow's mite" of caring and service that nevertheless builds a connection of love and is a step towards wholeness.

In such a situation, if I do nothing but hope or pray that the "highest good" will manifest, I may be turning away from the immediacy and specificity of the situation towards some abstract concept of "the best" or of perfection. I may really be expressing a sense of inadequacy and a desire to "pass the buck" to some



Your handbook should be organized in a manner that is meaningful to you and effective for your perusal. It should be a document that motivates you and keeps you going everyday. It should keep you focused on what's important for you. Feel free to decorate it with photographs, images, graphics, and the like. I include a lot of relevant visuals for my most important goals. For example, for my healthy living goal, I have visuals of fruits, nuts, fruit/vegetable smoothies, salads and water.

Because this book is so important, remember to keep at least one backup of it. I have a copy on my computer which I access on a daily basis and a backed up copy in an external hard drive.

After Creating Your Life Handbook

After you have created your handbook, start using it as the central repository for every single piece of information that is valuable to you. Whenever you come across something that is meaningful and noteworthy, incorporate that into your book. Whenever you have a new goal, include it inside. Whenever you get an 'AHA!', revelation or epiphany, capture it so it will not get lost. While you might find some getting used to in the beginning, in no time you will become naturally inclined to refer to your handbook every time.

With your handbook in place, develop the habit to start off your day by reading it. Start off with your purpose, followed by adages in life, your long-term goals then your short-term goals. You will find that even just spending a few minutes looking through it everyday will give you immense focus and clarity throughout the day which will lead to dramatic changes in the long-run. 📖

Celestine Chua is the author of *101 Things To Do Before You Die*. She is a go-getter, passionate idealist, advocate of truth and experienter of life. She writes the Personal Excellence Blog, and has a website <http://celestinechua.com>.



higher level rather than seeing if there is some act I can take, however small, that may still be a caring and specific response. For instance, a friend who is unemployed may tell me that he can't pay his mortgage this month. I may not be able to pay it for him either, but I might be able to give him some money or take him grocery shopping or buy him a meal. It doesn't solve his problem but it shows that I care. It sets energy in motion which may be a seed for something larger to manifest.



Picture of a bridge from <http://hope4athousandhills.files.wordpress.com>

I think of it this way. If you and I are separated by a chasm, the highest good might be a bridge that would let us cross over to be with each other. But I don't have a bridge; all I have is some rope, some twine, and some thread. I can turn away and hope that someday someone will build that bridge—that in some way outside my power the highest good will be done. Or I can tie the light thread to a stone and toss it over to you. The thread isn't strong enough for either of us to use to cross the gulf between us, but I can tie my end of the thread to the twine and then the twine to the rope and that rope to even heavier, stronger rope. And then you can begin to pull it over until eventually there is a heavy rope between us that can be the foundation of the bridge we need in order to cross.

Sometimes to manifest the "highest good," we need to start at a lower end of the scale with this "lowest good."

What specifically comes to mind when we say, "the highest good?" Is there a clear concrete image or is it something vague and "wispy" spiritual? If what I need is money for a meal, I'm happy that someone may pray for my highest good but I'd be happier if they took me out to dinner. Sometimes what is needed in a situation or by a person isn't all that complex. It might

be something as simple as a hug, a smile, a kind word, a demonstration of caring.

"Highest good" can be a very abstract notion, one that can let us off the hook of actually doing anything concrete for someone while still giving us the sense that we've acted on their behalf. It may be that there isn't anything obvious that we can do to help a person—or nothing that we can see—in which case praying for their highest good is appropriate and better than no prayers at all. But it might equally be that with a little more attention and awareness, I can see something that I can do that would make a contribution or help. In this way, I do not mean by lowest good a "lesser good" or a cut-rate, bargain-basement, falls-apart-as-soon-as-you-open-the-package good. It's not an issue of "best" vs "worst." By "lowest good," I mean a good that is lower down a scale of abstraction but still useful and appropriate to the situation.

Often it's not that we don't know or cannot know how to help in specific and useful ways, only that we don't want to be bothered to think about it. Saying, "well, let the highest good be done" can be like giving a person a gift card or a check on her birthday rather than taking the time to think through that person's needs and tastes and then exploring the stores to come up with just the right gift. In other words, it can be a lazy way out of what could otherwise be an important and specific relationship of service.

The form the "lowest good" takes may not seem like much. It might not fit my idea of giving significant service or transforming the situation, but it's still something. It's not the highest good but it's not moldy cheese, either. An oil company used to advertise, "We don't want to change your life; we just want to change your oil." Sometimes changing our lives might be a wonderful thing, but a good oil change is not to be sneezed at.

The idea of the lowest good is not a way of avoiding doing better or giving more if we can. It's not a matter of seeing what the least is that we can do in a situation and doing no more than that, especially if in fact we are capable and in a position to do more. The idea of the "lowest good" is not an excuse to avoid the "highest good." It is more a realization that just because I can't solve a situation completely or give everything that a person needs is no reason not to do or give something. There may well be a good I can do, a service I can render, that while not as dramatic, transformative, all-encompassing as a perfect solution might be can still help in some fashion and to some degree.

Let us not allow the abstract to get in the way of the concrete or the universal to obscure the specific. Of course we will always seek the highest good and be open to and desirous of its manifestation. But as we do so, we don't want to be unaware of those smaller, incremental or less dramatic acts of goodness that we can do that may also be helpful on the way to that highest good. Life is made up of lots of "small goods" seeking to happen. I don't want the idea of the "highest good" to be an abstraction that blinds me to them.

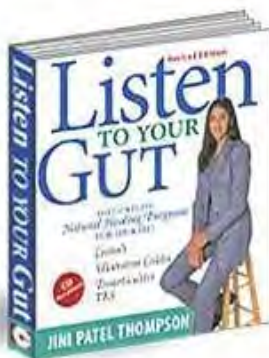
And with that thought, I wish you a most happy summer.

ΔΔΔΔΔ

From David Spangler: *David's Desk is my opportunity to share thoughts and tools for the spiritual journey. These letters are my personal insights and opinions and do not necessarily reflect the sentiments or thoughts of any other person in Lorian or of Lorian as a whole. If you wish to share this letter with others, please feel free to do so; however the material is ©2010 by David Spangler. Previous issues of "David's Desk" are posted on www.lorian.org.*

LOOK AT THAT BOOK!

- A book review by Carolyn Dean MD ND



LISTEN TO YOUR GUT: NATURAL HEALING AND DEALING WITH INFLAMMATORY BOWEL DISEASE AND IRRITABLE BOWEL SYNDROME CROHN'S ULCERATIVE COLITIS DIVERTICULOSIS IBS

BY JINI PATEL THOMPSON

Jini Patel Thompson is a hero to many people. Jini suffered debilitating Crohn's disease, first diagnosed in 1986. For a time she was locked into the medical system to try to overcome her illness. But it didn't work for her. Maybe it does for some but Jini just kept getting worse and was only offered more drugs and surgeries.

Jini came from a family of physicians and pharmacists and grew up with complete faith in medical science. She didn't know anything about alternative medicine. After three years of suffering, Jini was feeling worse. She was on a handful of drugs and weak from the disease, the tests, and the feeling of hopelessness.

Instead of giving up she asked her gastroenterologist, who headed up a national research team on Crohn's Disease and Ulcerative Colitis, for all the books and papers he had on the subject (this was before the Internet).

Her first shock was realizing that the medical profession had very limited information/knowledge about Inflammatory Bowel Disease. Her second shock was that she had already tried every drug they had to offer.

Jini spent the next seven years researching and experimenting with alternative healing therapies. She developed her own methods of dealing with each phase of symptoms. She learned to listen to her body and take responsibility for it.

After a few more years of discussing her findings with friends and family and finding that people were responding incredibly well to her methods, Jini finally was persuaded to write a book on the subject.

It's that book "Listen To Your Gut" and the several that followed that I want to tell you about today. I've just started a new page on my site called Recommended Books. Jini is the first author that I've selected to be there.

Jini will be the first to tell you that she's not a medical doctor or a health practitioner. But what she does have in

abundance is experience with this condition. And that's worth more to someone seeking guidance. I had the privilege of consulting with Jini's readers and clients when Jini was on maternity leave with her third child.

Since I had never experienced Crohn's or colitis, I found I couldn't give some of them what they really required. They wanted to know that someone had gone through these diseases using natural methods and been healed. Jini can and does share her healing story in all her books and all her correspondence. She's also in a position to share the healing stories of the many people who have benefited from her knowledge.

Go to my Recommended Books under Resources for more information and be sure to pass this blog on to people who you know will benefit.

http://drcarolyndean.com/recommended_books.html

Carolyn Dean MD ND, The Doctor of the Future, writes a daily blog and has a comprehensive website at <http://drcarolyndean.com>.

TRICKS FOR SMALL BUSINESSES

Helping Practitioners and Small Business Owners Navigate The Business World!

BACK UP YOUR STUFF!

By Judy Hirst

I know that everyone hears this over and over – Back Up Your Stuff! – and I need to reinforce this because so many people lose their stuff with viruses, crashes, or spilling something on their laptop (or dropping their laptop).

So, backing up needs to be easy! The software that I use is **SyncBack** from <http://www.2brightsparks.com/>. I love it! You can use it to back up or to synchronize between two computers or two hard drives. You can set up multiple profiles for backing up different things. And, the basic version is FREE! So, if you have been avoiding backups because you cannot afford backup software, you no longer have an excuse.

Here are the things that I backup on an almost daily basis to my external hard drive:

- My Outlook production files so that if my Outlook goes down, I can simply pop in my files with my email and archives intact.
- My iTunes file – I love my music and podcasts and I inadvertently lost them once. THAT will not happen again.
- My Pictures – I have years worth of pictures.
- My web posts.

I store all of my other documents on a separate drive so that if my C:\ drive is damaged, I am not losing all my work. How I manage the separate drive is a discussion for another blog post. I back up my production drive about every week, and I actually synchronize it with my external drive so that I have two copies of everything.

Just so that we are clear, the method that I am using for back up is great for a self employed person or a home business. It is not sufficient for a small company with several employees. However, a small company may want to try the SyncBackSE or SynchBackPro.

SyncBack has very good tutorials on using the software, and they have good response time if you should ever need to ask them a question.

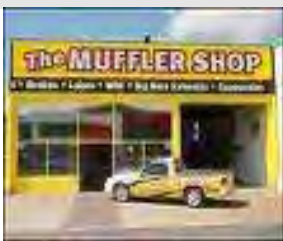
Do start backing up on a regular basis. Do back up to an external hard drive. It will make your life easier when it comes to a crisis with your technology.

This article first appeared in July 2010 on Judy Hirst's blog called "[Software Is Like An Onion](#)". Judy has been working with accounting and business solution software since the mid 80's. In the '90's, she owned a consulting company that specialized in Great Plains Accounting Software, Sage Accounting Software, and Microsoft Small Business Solutions. For consulting services, email Judy at

"I am a nice shark, not a mindless eating machine. If I am to change this image, I must first change myself. Fish are friends, not food."—Bruce; *Finding Nemo*

JOKE OF THE MONTH

FUNNY SIGNS!



Outside a muffler shop:
"No appointment necessary.
We hear you coming."

At An Auto Body Shop:
"May we have the next dents?"

Sign in 'George's Service Station'
Glen Ellen, CA:

If your car sounds like:
"ping-click-ping" - \$10.00
"click-whine-click" - \$25.00
"clunk-whine-clunk" - \$50.00
"thud-clunk-thud" - \$100.00
"clang-thudc-clang" - \$300.00
"Can't describe it" - \$500.00

At An Auto Repair Service Station:
Free pick-up and delivery.
Try us once, you'll never go anywhere again.

At A Tire Shop In Milwaukee:
"Invite us to your next blowout."

At a Towing Company:
"We don't want an arm and a leg.
We want your tows."

Sign at a Chicago radiator shop:
"Best place in town to take a leak."

In A Safari Park:
Elephants Please Stay In Your Car

At a propane filling station:
"Tank heaven for little grills."

Message On A Leaflet:
If you cannot read,
this leaflet will tell you how to get lessons.

At The Electric Company:
"We would be delighted if you send in your bill.
However, if you don't, you will be."

On A Scientist's Door:
"Gone Fission"

On A Taxidermist's Window:
"We really know our stuff."

Outside A Hotel:
"Help! We need inn-experienced people."

In the front yard of a funeral home:
"Drive carefully.
We'll wait."



At A Farmer's Field:
"The farmer allows walkers to cross the field for
free, but the bull charges."

On A Billboard - Ad For A Safe Company:
"If your stuff is stolen, it's not our vault."

Quicksand Warning:
Quicksand.
Any person passing this point will be drowned.
By order of the District Council.

*Sign spotted on the back window of a small car
being pulled by a motor home:*
"I go where I'm towed."

On a fence:
"Salesmen welcome! Dog food is expensive."

At a car dealership:
"The best way to get back on your feet -
miss a car payment."

On camera store:
"Everyone has a photographic memory. Some don't
have film."

CLASSIFIEDS

ARTS

Calgary Art Walk takes place September 18 - 19, 2010

Artwalk is an opportunity for the general public to visit Calgary galleries and artist studios to discover the quality and variety of artists' work available in Calgary, and realize they do not have to travel abroad to find some wonderful treasures. The event is free, and many venues will be providing refreshments and hosting special events. Artwalk is great for art students, art connoisseurs, and for the novice to come out and meet artists and watch creativity happen before their eyes. This event's popularity over 20 years stems from its focus on enjoyment of the arts in a friendly and casual atmosphere. <http://www.calgaryartwalk.com/>

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 and kid's activities. Check out: <http://www.kimmapiikids.org/> Ad sponsored by Samantha Hussey, CHt, Reiki Master at 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.

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.

October 22, 4-9, 23, 10-5, and 24, 10-5 BEYOND THE USUAL craft show. Visit

<http://www.beyondmarketplace.com> for details and application to exhibit BEYOND, is a show & sale of fine art & crafts. 50 select artists and artisans will be in attendance at the Blackfoot Inn in the Ballroom and the Heritage Room with an art walk in between. \$5.00 for adults, coupon for \$2.00 off on website. BEYOND the usual!

LAUGH

Laugh Shop Pro-Am Comedy Jam Sep 09, Oct 14, Nov 11, Dec 09 Come join us every second Thursday of the month to see the future stars of tomorrow trying their hand at comedy. As well as horrible failures, which are also funny too! Book your reservations online or by phone. The Laugh Shop Comedy Club at the Blackfoot Inn 5940 Blackfoot Trail SE Calgary AB

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

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

September 6 2010 Wednesday New Moon Meditation 7:00pm – 9:00pm, By Donation

"Develop from the heart, meditate on love, live love, absorb love, give love, and your soul will become alight."
—From White Eagle's teachings.

Join us as White Eagle, warrior, Ascended Master, and member of The Great White Brotherhood, comes in to guide us in our meditations.

Call Judy 403-225-2016 to register, or email judy@angelsandancestors.com. Directions provided upon registration.

September 8 2010 Wednesday Calgary Dowers 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.calgarydowers.com>.

THE LAST WORD



Picture from www.safety-tots.com



My Resignation



I am hereby officially tendering my resignation as an adult.

I have decided I would like to accept the responsibilities of an 8 year-old again.

I want to go to McDonald's and think that it's a four star restaurant.

I want to sail sticks across a fresh mud puddle and make a sidewalk with rocks.

I want to think M&Ms are better than money because you can eat them.

I want to lie under a big oak tree and run a lemonade stand with my friends on a hot summer's day.

I want to return to a time when life was simple; when all you knew were colours, multiplication tables, and nursery rhymes, but that didn't bother you, because you didn't know what you didn't know and you didn't care.

All you knew was to be happy because you were blissfully unaware of all the things that should make you worried or upset.

I want to think the world is fair; that everyone is honest and good.

I want to believe that anything is possible. I want to be oblivious to the complexities of life and be overly excited by the little things again.

I want to live simple again. I don't want my day to consist of computer crashes, mountains of paperwork, depressing news, how to survive more days in the month than there is money in the bank, doctor bills, gossip, illness, and the loss of loved ones.

I want to believe in the power of smiles, hugs, and a kind word; truth, justice, peace, dreams, imagination, mankind, and making angels in the snow.

So . . . here's my check book and my car-keys, my credit card bills and my 401K statements.

I am officially resigning from adulthood. And if you want to discuss this further, you'll have to catch me first, cause.....

..... "Tag! You're it."

~Anonymous
